

3RD DEGREE BLACK BELT

UL JI HYUNG

TECHNIQUE

STANCE

Parallel stance with flat knifehands X over chest (lt. hand on outside)

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|---|-----------------------------|
| 1. Twin side hammerfist (kihap) | Right front (lt. step back) |
| 2. Twin low X-block | Left front |
| 3. Twin high knifehand X-block | |
| 4. Right reverse upset knifehand strike with left palm on inside of right forearm | |
| 5. Left backhand strike with left outer stomp kick | Middle |
| 6. Right inner crescent kick to left palm | |
| 7. Right horizontal elbow strike to left palm | Middle |
| 8. Right horizontal punch | |
| 9. Left low block - right backfist (temple area) | |
| 10. Both fists on hips (slow) | Closed (lt. foot move) |
| 11. Right side kick | |
| 12. Twin horizontal elbow strikes | X-stance (right) |
| 13. Right double horizontal punch | Middle |
| 14. Right reverse upset knifehand strike - left knifehand high block | Parallel |
| 15. Left double knifehand block | Right back |
| 16. Right jump reverse side kick | |
| 17. Right double inner forearm block | Right front |
| 18. Closed ready stance B | Closed |
| 19. Right upset backfist to left palm | X-stance (right) |
| 20. Left reverse high block | Right front (lt. step back) |
| 21. Left front kick | |
| 22. Right reverse high punch | Left front |
| 23. Right vertical spearhand strike | Right front |
| 24. Left outer stomp kick | |
| 25. Left high backfist (kihap) | Middle |
| 26. Twin low block | Right front |
| 27. Right jump front kick | |
| 28. Twin middle knifehand X-block | Left back |
| 29. Twin low X-block - twin inner forearm block | Right back |
| 30. Left front kick | |
| 31. Twin high punch | Left front |