

## 4TH GRADE BLUE BELT

### JHOON GUN

<u>TECHNIQUE</u>	<u>STANCE</u>
Closed ready position B	
1. Left ridgehand Block	Right rear
2. Left front kick	
3. Right palm upset	Left back
4. Right ridgehand block	Left rear
5. Right front kick	
6. Left palm upset block	Right back
7. Left double knifehand block	Right back
8. Right reverse upper elbow strike	Left front
9. Right double knifehand block	Left back
10. Left reverse upper elbow strike	Right front
11. Twin high punches	Left front
12. Twin upset punches (kihap)	Right front
13. High X-block with fists	Left front
14. Left backfist	Right back
15. Left hand pull back	
16. Right reverse middle punch	Left front
17. Right backfist	Left back
18. Right hand pullback	
19. Left reverse middle punch	Right front
20. Left double inner forearm block (SAN-SOO)	Left front
21. Left middle side punch	Right back
22. Right side kick	
23. Right double inner forearm block (SAN-SOO)	Right front
24. Right middle side punch	Left back
25. Left side kick	
26. Left double outer forearm block	Right back
27. Tension double palm pressing blocks	Left front
28. Right double outer forearm block	Left back
29. Tension double palm pressing blocks	Right front
30. Tension balance position & right horizontal punch	One leg Closed
31. Right C-block	Left back
32. Left C-block (kihap) Move left foot back to ready stance	Right back