

## 1ST DEGREE BLACK BELT-SENIOR (CONT.)

### GAE BAEK HYUNG

| <u>TECHNIQUE</u>  | <u>STANCE</u> |
|---|---------------|
| 35. Right reverse upset knuckle punch (kihap) (step up left ft) | Right back    |
| 36. Left 9-block (turn left 90°)                                | Middle        |
| 37. Left low double ridgehand block (circle clockwise)          |               |
| 38. Right low double knifehand block (circle counter clockwise) |               |
| 39. (Straight kick) W Block ( turn right 90°)                   | Middle        |
| 40. (Straight kick) W Block (turn right 90°)                    | Middle        |
| 41. Right high block (turn left 90°)                            | Right front   |
| 42. Left reverse middle punch                                   |               |
| 43. Left high block (turn left 180°)                            | Left front    |
| 44. Right reverse middle punch                                  |               |

Move right foot up to ready position