

## 2ND DEGREE BLACK BELT-SENIOR

### YOO SHIN HYUNG

#### TECHNIQUE

#### STANCE

Parallel stance with left fist on right palm

- |   |                       |
|---|-----------------------|
| 1. Twin elbow strikes (kihap)   | Middle (step lt.)     |
| 2. Left horizontal punch-right vertical back elbow strike                 | Middle (hop rt.)      |
| 3. Right horizontal punch-left vertical back elbow strike                 | Middle (hop lt.)      |
| 4. Right tension hooking block  | (Raise slightly)      |
| 5. Left middle punch  | Middle                |
| 6. Left tension hooking block   | (Raise slightly)      |
| 7. Right middle punch   | Middle                |
| 8. Left outer forearm block   | Left front (45°)      |
| 9. Right reverse inner forearm block                                      |                       |
| 10. Left upset palm block   | Middle                |
| 11. Right middle punch  |                       |
| 12. Right outer forearm block   | Right front (45°)     |
| 13. Left reverse inner forearm block                                      |                       |
| 14. Right upset palm block  | Middle                |
| 15. Left middle punch   |                       |
| 16. Right tension hooking block   | (Raise slightly)      |
| 17. Left middle punch   | Middle                |
| 18. Left tension hooking block  | (Raise slightly)      |
| 19. Right middle punch  | Middle                |
| 20. Low X-block   | Left front            |
| 21. Right high knifehand X-block<br>(rotate hands for wrist grab/release) |                       |
| 22. Right reverse middle punch (lt. palm atop rt. forearm)                |                       |
| 23. Right front kick  |                       |
| 24. Left reverse middle punch   | Right front           |
| 25. Low X-block   |                       |
| 26. Left high knifehand X-block<br>(rotate hands for wrist grab/release)  |                       |
| 27. Left reverse middle punch (rt. palm atop lt. forearm)                 |                       |
| 28. Left front kick   |                       |
| 29. Right reverse middle punch  | Left front            |
| 30. Right double knifehand block  | Left back             |
| 31. Left double knifehand block   | Right back            |
| 32. Right double knifehand block  | Left back (step back) |