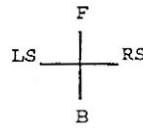


4TH DEGREE BLACK BELT



CH'OI YONG HYUNG

TECHNIQUE

STANCE

Closed ready position C

- | | |
|----------------------------------------------------------------------|-----------------------|
| 1. Left double outer forearm block (STEP UP) | Right rear (to front) |
| 2. Left vertical high side punch | |
| 3. Right double outer forearm block (TURN RT 180°) | Left rear (to back) |
| 4. Right vertical high side punch | |
| 5. Left knifehand high block (right foot moves) (TURN RT 180°) | Left front (to front) |
| 6. Right reverse inner forearm block to side | |
| 7. Left middle punch | |
| 8. Right knifehand high block (left foot moves) (TURN RT 180°) | Right front (to back) |
| 9. Left reverse inner forearm block to side | |
| 10. Right middle punch | |
| 11. Left low double knifehand block (left foot moves) | Right back (to front) |
| 12. Right turning round kick (TURN 180° LEFT) | |
| 13. Left reverse hook kick | |
| 14. Left round kick (#13 & 14 in combination) | |
| 15. Right reverse horizontal elbow strike (kihap) | Left front |
| 16. Right low double knifehand block (rt. foot moves) (TR 180° RT) | Left back (to back) |
| 17. Left turning round kick | |
| 18. Right reverse hook kick | |
| 19. Right round kick (#18 & 19 in combination) | |
| 20. Left reverse horizontal elbow strike (kihap) | Right front (to back) |
| 21. Tension double palm pressing blocks (chamber lt.down) | Left front (STEP UP) |
| 22. Tension double palm pressing blocks (chamber rt.down) | Right front (STEP UP) |
| 23. Twin outer knifehand block (rt. foot pulls together turning lt.) | Left front (to front) |
| 24. Right front kick (step back) | 180° |
| 25. Left double outer forearm block | Right back |
| 26. Twin outer knifehand block | Right front |
| 27. Left front kick (step forward) (TURN 180° RT) | |
| 28. Right double outer forearm block | Left back (to back) |
| 29. Three step turn counter clockwise 180° (left, right, left back) | (1, 2 ROTATE RT) |
| right double outer forearm block | Left back (to front) |
| 30. Left high horizontal spearhand strike (STEP UP) | Left front |
| 31. Right high horizontal spearhand strike (rt. foot moves) | Right front (to back) |
| (TURN 180° RT) | |