

3rd Dan Line Work

FWD- DOUBLE SIDE KICK, SPINNING BACK KICK, LEAD RIDGEHAND, CHANGE LEGS

BWD- X FIST PRESSING BLOCK, X FIST RISING BLOCK, TWIST HANDS, REVERSE PUNCH

(YOO SIN)

FWD- FRONT LEG HOOK KICK/SIDE KICK COMBINATION, REAR LEG AXE KICK,

REVERSE PUNCH

BWD- DOUBLE FOREARM BLOCK, REVERSE LOW BLOCK (YOO SIN)

FWD- BACK HAND STRIKE IN L-STANCE, CRESCENT KICK TO PALM, SIDE KICK SAME LEG,

BACK HAND STRIKE

BWD- U SHAPED PUNCH

FWD- REAR LEG FRONT/TURNING KICK COMBINATION, AXE KICK SAME LEG,

REVERSE PUNCH, LEAD RIDGEHAND

BWD- TWIN PUNCH LOW SECTION IN L STANCE

FWD- JUMPING REVERSE TURNING KICK, KNIFE HAND STRIKE CHANGING TO ELBOW STRIKE

SLIPPING FRONT FOOT FORWARD

BWD- LOW OUTER FOREARM BLOCK IN L-STANCE, OPPOSITE HAND TO ARMPIT, PUNCH

OPPOSITE HAND OVER SHOULDER

FWD- REVERSE TURNING KICK/SIDE KICK COMBINATION, FRONT ELBOW STRIKE, GUARD

WITH KICKING LEG FORWARD

BWD- REVERSE INWARD OUTER FOREARM BLOCK, OBVERSE PUNCH (SAM IL)

FWD- TWIST KICK, X FIST PRESSING BLOCK, KNIFE HAND RISING BLOCK,

GUARD WITH KICKING LEG FORWARD

BWD- KNIFE HAND RISING BLOCK, CIRCULAR BLOCK, OBVERSE PUNCH (CHOI YONG)

FWD- JUMPING SIDE KICK WITH STEP

BWD- JUMPING BACK KICK, THEN TWIN KNIFE HAND STRIKE IN WALKING STANCE

(CHOONG JANG)