



North  Wales



1st DAN

**Low KHGB, Slip Front foot, Circular Block (F)**

**Double Forearm Block, Reverse Low Block (B)**

**Double Turning Kick, Reverse Punch (F)**

**Soopyong Jirigi (B)**

**Low, Middle Side Kick, land in LS, Inward Knifehand Strike (F)**

**U Shape Block, Po Eun (B)**

**Jumping Turning Kick No step, then Pressing Block, Normal Speed (F)**

**X Knifehand Block, then LS, single upset Punch, Opp Hand to shoulder (B)**

**Twist Kick, Double Punch (F)**

**No 9 Block WS (B)**

**Turning Kick, Jumping Kick, Twin Vertical Punch, Guarding Block (F)**

**Rising Block, Low Block, Double Arc Hand (B)**

**Front Leg, Hook Kick, Turning Kick, Rear Leg Axe Kick, Reverse Punch (F)**

**Jumping Spinning Back Kick, then Wedging Block, Inner Forearm WS (B)**

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