



North  Wales



2nd DAN

Double side spinning kick, spinning back kick, lead ridgehand, change legs (f)

1st 4 moves of Ko Dang (B)

FL Hook/Side kick combo, RL axe kick, reverse punch (F)

Double Knifehand strike WS (B)

Golcho chagi, crosscut, Guarding block ko Dang (F)

Wedging/circular/downward double palm block, reverse punch/RKH (B)

Double pressing palm block LS, then high inward block, back fist strike (B)

Jumping reverse TK 4 times, then Knifehand strike/elbow slipping front foot (F)

Down backhand LS opposite hand punch, then rev Knifehand block low, No 9 (B)

FK, reverse arc hand strike (F)

Low knife hand block, reverse palm strike, WS (B)

Twist kick, X Fist pressing/knife hand rising block, guard with KL forward (F)

Downward elbow then downward outer forearm block Ko Dang (B)

Jumping side kick with step (F)

Jumping back kick 4 times, then twin knife hand strike WS, Choog Jang (B)

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