



North  Wales



3rd DAN

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

X FIST PRESSING BLOCK, X FIST RISING BLOCK, TWIST HANDS, REVERSE PUNCH – YOO SIN

FRONT LEG HOOK / SIDE COMBINATION, REAR LEG AXE KICK, REVERSE PUNCH

DOUBLE FOREARM BLOCK, REVERSE LOW BLOCK – YOO SIN

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

U SHAPE PUNCH

REAR LEG FRONT / TURNING KICK COMBINATION, AXE KICK SAME LEG, REVERSE PUNCH, LEAD RIDGEHAND

TWIN PUNCH IN L STANCE, LOW SECTION – SAM IL

JUMPING REVERSE TURNING KICK 4 TIMES, THEN KNIFEHAND STRIKE TO ELBOW SLIPPING FRONT FOOT

LOWER OUTER FOREARM BLOCK IN L STANCE, OPPOSITE HAND TO ARMPIT, PUNCH OPPOSITE HAND OVER SHOULDER

REVERSE TURNING KICK / SIDE KICK COMBINATION, FRONT ELBOW STRIKE, GUARD WITH KICKING LEG FORWARD

REVERSE INWARD OUTER FOREARM BLOCK, OBVERSE PUNCH – SAM IL

TWISTING KICK, X FIST PRESSING BLOCK, KNIFEHAND RISING BLOCK, GUARD WITH KICKING LEG FORWARD

KNIFEHAND RISING BLOCK, CIRCULAR BLOCK, OBVERSE PUNCH – CHOI YONG

JUMPING SIDE KICK WITH STEP

JUMPING BACK KICK 4 TIMES, THEN TWIN KNIFEHAND STRIKE IN WALKING STANCE

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