



North  Wales



4th DAN

BACKWARD MOVEMENTS

FORWARD MOVES FROM 1ST TO 3RD DAN BASICS

SOME BACKWARD MOVES

FROM 1ST TO 3RD DAN BASICS

Reverse pressing block - Se Jong (B)

Inward outer forearm block, rear ft stance, slip back foot inward palm block.

WS (B)

Double reverse knife hand block – Tong IL (B)

Obverse underfist strike, reverse palm strike – Tong IL (B)

High reverse knifehand strike, opposite hand in front of head – Ul Ji (B)

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