

3rd Dan

FWD-Double side kick, spinning back kick, lead ridgehand, change legs

BWD-X fist pressing/X fist rising block, twist hands reverse punch (Yoo Sin)

FWD-Front leg hook/side kick combination, rear leg axe kick, reverse punch

BWD-Double forearm block, reverse low block (Yoo Sin)

FWD-L stance backhand strike, crescent kick hitting palm, side kick same leg, backhand strike

BWD-U shaped punch

FWD-Rear leg front/turning kick combination, axe kick same leg, reverse punch, lead ridgehand

BWD-L stance twin punch low section (Sam IL)

FWD-Jumping revers turning kick 4 times, then knife hand strike/elbow slipping front foot

BWD-L stance Low outer forearm block, opposite hand armpit, punch opposite hand 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/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 4 times, then twin knife hand strike in walking stance (Choong Jang)