

3rd DANS

- F- DOUBLE SIDE KICK, SPINNING BACK KICK, LEAD RIDGEHAND, CHANGE LEGS
- B- X FIST PRESSING BLOCK, X FIST RISING BLOCK, TWIST HANDS, REVERSE PUNCH – YOO SIN
- F- FRONT LEG HOOK / SIDE COMBINATION, REAR LEG AXE KICK, REVERSE PUNCH
- B- DOUBLE FOREARM BLOCK, REVERSE LOW BLOCK – YOO SIN
- F- BACK HAND STRIKE IN L STANCE, CRESCENT KICK TO PALM, SIDE KICK SAME LEG, BACK HAND STRIKE
- B- U SHAPE PUNCH
- F- REAR LEG FRONT / TURNING KICK COMBINATION, AXE KICK SAME LEG, REVERSE PUNCH, LEAD RIDGEHAND
- B- TWIN PUNCH IN L STANCE, LOW SECTION – SAM IL
- F- JUMPING REVERSE TURNING KICK 4 TIMES, THEN KNIFEHAND STRIKE TO ELBOW SLIPPING FRONT FOOT
- B- LOWER OUTER FOREARM BLOCK IN L STANCE, OPPOSITE HAND TO ARMPIT, PUNCH OPPOSITE HAND OVER SHOULDER
- F- REVERSE TURNING KICK / SIDE KICK COMBINATION, FRONT ELBOW STRIKE, GUARD WITH KICKING LEG FORWARD
- B- REVERSE INWARD OUTER FOREARM BLOCK, OBVERSE PUNCH – SAM IL
- F- TWISTING KICK, X FIST PRESSING BLOCK, KNIFEHAND RISING BLOCK, GUARD WITH KICKING LEG FORWARD
- B- KNIFEHAND RISING BLOCK, CIRCULAR BLOCK, OBVERSE PUNCH – CHOI YONG
- F- JUNPLING SIDE KICK WITH STEP
- B- JUMPING BACK KICK 4 TIMES, THEN TWIN KNIFEHAND STRIKE IN WALKING STANCE