

6th Kup

FWD

First two moves of Won Hyo

BWD

Walking stance, low block, rising block, reverse punch

FWD

Walking stance, straight finger tip thrust, release, spin, high back fist side strike (24)

BWD

Fixed stance, side punch

FWD

Bending stance, side kick, land L stance, knife hand guarding block (28)

BWD

L stance, inward middle outer forearm block, slip the front foot into walking stance, high back fist side strike

FWD

Kicking off the rear leg, front kick, side kick, turning kick (alternating legs) land L stance, knife hand guarding block

BWD

Walking stance, circular block

PATTERNS

Examiner's choice

Won Hyo

Sparring

3 step sparring 8-10

3 step semi free sparring **Basic**

Focus Kicks: Side Kick & Turning Kick