

1ST DEGREE BLACK BELT-SENIOR

GAE BAEK HYUNG

TECHNIQUE

STANCE

Parallel ready position

- | | |
|---|------------------------|
| 1. Middle knifehand X-block (kihap) | Right back (step back) |
| 2. Right twist kick | |
| 3. Right middle punch | Right front |
| 4. Left reverse middle punch | |
| 5. Left high block | Left front |
| 6. Left low block | |
| 7. Tension twin palm block (to right) | |
| 8. Left double outer forearm block | One Leg (right) |
| 9. Left upset palm block | Middle |
| 10. Right middle punch | |
| 11. Left upset backfist | |
| 12. Left double knifehand block | Right back |
| 13. Left front kick | |
| 14. Left horizontal spearhand strike | Left front |
| 15. Right reverse horizontal spearhand strike | |
| 16. Right turning side kick | |
| 17. Left double outer forearm block | Right back |
| 18. Left double outer forearm block | Right back |
| 19. Left double knifehand block | Right back |
| 20. Right 9-block | Middle |
| 21. Left knifehand low block | Left front |
| 22. Right turning round kick | |
| 23. Right hop side kick (kihap) | |
| 24. Twin high punch | Right front |
| 25. Tension twin palm block (to left) | |
| 26. Left reverse upset punch | |
| 27. Right reverse horizontal elbow strike | Left front |
| 28. Right double inner forearm block | X-Stance (right) |
| 29. Right palm heel upset block | Middle |
| 30. Left middle punch | |
| 31. Right upset backfist | |
| 32. Right reverse high ridgehand strike | Left front |
| 33. Right turning round kick | |
| 34. Twin high punch | Left front |

1ST DEGREE BLACK BELT-SENIOR (CONT.)

GAE BAEK HYUNG

TECHNIQUE

35. Right reverse upset knuckle punch (kihap)
36. Left 9-block
37. Left low double ridgehand block (circle clockwise)
38. Right low double knifehand block (circle counter clockwise)
39. (Straight kick) W Block
40. (Straight kick) W Block
41. Right high block
42. Left reverse middle punch
43. Left high block
44. Right reverse middle punch

STANCE

Right back
Middle

Middle
Middle
Right front

Left front

Move right foot up to ready position