



Blue Belt

Choong-Gun

1. Turn left into right (R) cat stance & left (L) upset ridge-hand strike – R leg step forward (fwd.) into L backstance & R upset palm-heel strike
2. Turn 180 degrees clockwise (CW) into (L) cat stance & (R) upset ridge-hand strike – L leg step forward (fwd.) into R backstance & L upset palm-heel strike
3. Turn 90 degrees counter-clockwise (CCW) into R back stance & sudo – shift into L front stance as you R upward elbow strike – R leg step fwd.) into L back stance & sudo – shift into R front stance as you L upward elbow strike
4. Advance into L front stance & high twin punch – advance into R front stance & mid twin upset punch (kihap!)
5. Bring R foot to L foot & turn 180 degrees CCW stepping into L front stance & high x-block
6. Turn L into R back stance as you L inner-crescent block – L foot steps into L front stance & L upset punch – reverse punch
7. Bring L foot to R foot & step into L back stance as you R inner-crescent block – R foot steps into R front stance & R- upset punch – reverse punch
8. L foot to R inside knee (crane stance) then turning 90 degrees CCW & stepping into L front stance & double outer-forearm block – L leg shifts to middle stance & L side-punch
9. R leg # 2 side kick landing in R front stance & double outer-forearm block – R leg shifts to middle stance & R side-punch
10. L leg #2 side kick landing in R back stance & double outer-forearm block – tension scissor pressing palm blocks as you shift into L front stance
11. Advance into L back stance & double outer-forearm block – tension scissor pressing palm blocks as you shift into R front stance
12. Bring R foot to L foot as you R hook punch – step R into L back stance & pole block – Bring R foot to L foot turning 180 degrees CCW stepping into R back stance & pole block (kihap!)