



Blue Belt (1st & 2nd)

Hyung III

1. Left front stance - low X-block – twin upset punch
2. #2 front kick-sidekick – land middle stance – right palm heel
3. Right back stance – sudo
4. Reverse outer crescent kick into right front stance – reverse ridge hand
5. #2 front kick – right leg side kick land middle stance – right spear hand
6. Pivot forward on left foot 90 degrees land middle stance – right knife-hand low then high
7. Right leg shift to front stance – twin tiger claw – left knee head smash
8. Right sidekick land middle stance – right low block into inner-forearm block into punch
9. Pivot forward 90 degrees on right foot land middle stance – left thrust punch
10. #3 sidekick land cat stance – square block – right upset knife hand
11. Left foot step middle stance – right knife hand high block
12. Right front stance - low X-block – twin upset punch
13. #2 front kick-sidekick – land middle stance- left palm heel
14. Left back stance – sudo
15. Reverse outer crescent kick into left front stance – reverse ridge hand
16. #2 front kick – left leg side kick land middle stance – left spear hand
17. Pivot backward on right foot 90 degrees land middle stance – left knife-hand low then high

18. Left leg shift to front stance – twin tiger claw – right knee head smash
19. Left sidekick land middle stance – left low block into inner-forearm block into punch
20. Pivot backward 90 degrees on left foot land middle stance – right thrust punch
21. #3 sidekick land cat stance – square block – left upset knife hand
22. Pivot 90 degrees on right foot step middle stance – left knife hand high block