

3rd Geub - High Blue Belt

I. Korean Language

- A. Side kick - Yawp Chah Kee
- B. Back kick - Dwee Chah Kee
- C. Hook kick -
- D. Turning hook kick -
- E. Double knife hand middle block - Yan Soen Nahl Moem Toeng Mahk Kee
- F. Spear hand - Soen Kih Jee Loo Kee
- G. Ball of foot - Bahl Bah Dahk
- H. Knife foot - Bahl Nahl
- I. Knife hand - Soen Nahl

II. Basic Moves

- A. Reverse knifehand high block from front stance
- B. Uniform choke hold with wedge block
- C. Palm inside middle block with reverse middle punch from front stance

III. Basic Kicks

- A. Jump side kick
- B. Jump roundhouse kick

IV. Forms

- A. Tae Kihk Yook Jahng

1. Starting from ready stance, look to your left, ready your arms for left **low block** and slide left foot toward your left and then turn 90 degrees into **front stance** while executing block.
2. Execute a right **front snap kick**, then (without lowering your kicking leg) ready your arms for left **outside middle block** then bring your right foot back (behind your left foot) into left **back stance** while executing block.
3. Look over your right shoulder, ready your arms for right **low block**, slide your right foot back then turn 180 degrees into **front stance** while executing block.
4. Execute a left **front snap kick**, then (without lowering your kicking leg) ready your arms for right **outside middle block** then bring your left foot back (behind your right foot) into right **back stance** while executing block.
5. Look to your left, ready your arms for right **reverse knifehand high block**, slide your left foot toward your left then turn 90 degrees into a left **front stance** and execute block.
6. Execute right **high roundhouse kick** then step down beside your left foot, ready your arms for left **outside high block** then turn 90 degrees toward your left and step forward into left **front stance** while executing block, then (without stepping forward) execute a right **middle punch**.
7. Execute right **front snap kick**, then (without stepping down with your kicking leg) ready your arms for right **middle punch** then step into right **front stance** while executing punch.
8. Look over your right shoulder, ready your arms for right **outside high block** then turn 180 degrees toward your right and step forward into right **front stance** while executing block, then (without stepping forward) execute a left **middle punch**.
9. Execute left **front snap kick**, then (without stepping down with your kicking leg) ready your arms for left **middle punch** then step into left **front stance** while executing punch.