

1 Geub - High Red Belt

I. Korean Language

- A. X or 2 fist low block - Awt Kawl Aw Mahk Kee
- B. Scissor block - Cah Wee Mahk Kee
- C. Wedge or spreading block - Hae Chyaw Mahk Kee
- D. Tiger stance - Bawm Saw Kee
- E. Middle knuckle fist - Bahm Joo Mawk
- F. Knee strike - Moo Lihp Chee Kee
- G. Side punch - Yawp Jee Loo Kee
- H. Hammer fist - Mae Joo Mawk
- I. Elbow strike - Pahl Koob Chee Kee

II. Basic Moves

- A. Double fist middle block from back stance
- B. Single mountain block
- C. Hair grab with middle knuckle fist throat strike from front stance
- D. Elbow strike, backfist strike and reverse middle punch combination

III. Basic Kicks

- A. Jump turning hook kick

IV. Form(s)

- A. Tae Kihk Pahl Jahng

1. Starting from ready stance, ready your arms for left **double fist middle block** and slide your left foot forward, then turn 90 degrees into left **back stance** and execute block.
2. Slide your left foot into **front stance**, at the time executing a right **middle punch**.
3. Execute a left **jump front snap kick**. Land in a left **front stance**, execute a left **inside middle block**, at the same time as you land and then a right **double middle punch**. Step forward into right **front stance** with right **middle punch** and Kee Hahp.
4. Look over your left shoulder, ready your arms for left **single mountain block**, slide your left toward your right, behind your right leg then turn 90 degrees toward your left and execute block.
5. Bring your left arm up to grab the opponent's hair, at the same time, ready your right arm for **fist strike**, then slide your left foot toward your left and turn 180 degrees into a left **front stance** and execute fist strike to the head.
6. Look over your right shoulder, ready your arms for right **single mountain block** then step backwards and execute block.
7. Bring your right arm up to grab the opponent's hair, at the same time, ready your left arm for **fist strike**, then slide your right foot toward your right and turn 180 degrees into a right **front stance** and execute fist strike to the head.
8. Look over your left shoulder, ready your arms for left **double knifehand middle block**, step with your right foot toward your left, then pivot 90 degrees toward your left into left **back stance** and execute block.
9. Slide your left foot forward into a left **front stance** while executing a right **middle punch**. Execute a right **front snap kick** then step down, behind your left leg into a **back stance**. Ready your arms for right **palm push block**, slide your left foot into left **tiger stance** and execute block.
10. Look to your left, ready your arms for left **double knifehand middle block**, slide your left foot toward your left then turn 90 degrees toward your left into **tiger stance** and execute block.