



## Hyung-Do (White Belt 7-12 & Adult)

1. Turn left into a left front stance - left high block
2. Right punch
3. #2 front kick
4. Land back in left front stance - left low block
5. Pick up right leg - turn 180 degrees into a right front stance - right high block
6. Left punch
7. #2 front kick
8. Step back into right front stance - right low block
9. Pick up the left leg step into a middle stance facing front
10. Left inner-forearm block
11. #3 side kick
12. Return to middle stance - knife hand strike (kihap)
13. Look right, right inner-forearm block
14. #3 side kick
15. Return to middle stance -right knife hand strike (kihap)