



Hyung - One

1. Middle stance - right inner-forearm block - right knife-hand
2. #3 right side kick – land in left back stance - fwd. double outer-forearm block - reverse punch while shifting into right front stance
3. #2 outer-crescent kick - land in front stance - reverse high block - fwd. palm heel
4. Right leg shift to middle stance - right low block
5. #2 round kick - land in front stance - low x-block - twin inner-forearm block -
twin punch
6. #3 front kick - land in middle stance - left spear-hand (kihap)
7. Left inner-forearm block - left knife-hand
8. #3 left side kick - land in right back stance - fwd. double outer-forearm block - reverse punch while shifting into left front stance
9. #2 outer-crescent kick - land in front stance - reverse high block- fwd. palm heel
10. Left leg shift to middle stance - left low block
11. #2 round kick - land in front stance - low x-block - twin inner-forearm block -
twin punch
12. #3 front kick - land in middle stance - right spear-hand (kihap)