



## **Red Belt (2<sup>nd</sup>)**

### **Kwang-gye**

1. Slowly raise hands together overhead – balance on left foot while right tension upset hammer-fist
2. Step left front stance, tension reverse upset punch – advance right front stance, tension reverse upset punch
3. Advance right front stance, forward circle block – shift right back stance, low sudo - Advance left front stance, forward circle block – shift left back stance, low sudo
4. Advance right cat stance, sudo – advance left cat stance, sudo
5. Pivot 180 degrees left front stance, tension rev. upset palm-heel – advance right front stance, tension rev. upset punch
6. Bring left leg to right, right hammer-fist in to left palm – (kihap)
7. Left low sidekick, high sidekick – land left front stance, rev. arm break – left hammer-fist
8. Right low sidekick, high sidekick – land right front stance, rev. arm break – right hammer-fist
9. Step left front stance, tension rev. low palm block - advance right front stance, tension rev. low palm block
- 10.#1 outer crescent kick land middle stance – right Backfist
11. Retreat right front stance, fwd. reinforced inner-forearm block – retreat right front stance, scissor block – tension fwd. spear-hand
- 12.#2 outer crescent kick land middle stance – left Backfist
13. Retreat left front stance, fwd. reinforced inner-forearm block – retreat left front stance, scissor block – tension fwd. spear-hand
14. Advance right front stance, twin upset punch – turn 90 deg. left front stance, twin upset punch
- 15.#2 front kick – pivot 180 deg. left back stance, sudo – advance left front stance - fwd. punch
16. Advance right front stance, twin upset punch
- 17.#2 front kick – pivot 180 deg. right back stance, sudo – advance right front stance - fwd. punch – (kihap)