

SEQUENCE OF BASICS

1. JUNBI
2. HORSE RIDING STANCE DOUBLE PUNCH
3. LONG STANCE LOW BLOCK
4. REVERSE PUNCH (BANDAE JIRUGI)
5. FRONT KICK
6. BACK STANCE OUTER FOREARM BLOCK
7. LONG STANCE BACK FIST FRONT STRIKE
8. SIDE KICK
9. BACK STANCE INWARD BLOCK
10. BACK STANCE KNIFEHAND GUARDING BLOCK
11. TURNING KICK
12. LONG STANCE HIGH BLOCK
13. LONG STANCE INWARD KNIFEHAND NECK STRIKE
14. STRAIGHT PUNCH (BARO JIRUGI)