

2nd Kup Grading – HWA-RANG



DOWNWARD KNIFEHAND STRIKE

MID PUNCH 7

VERTICAL STANCE

MID SIDE PUNCH 6

FIXED STANCE

UPWARD PUNCH 5

L STANCE

TWIN OUTER FOREARM BLOCK 4

L STANCE

START

CLOSED READY STANCE C

PALM PUSHING BLOCK 1

SITTING STANCE

MID PUNCH 2

SITTING STANCE

MID PUNCH 3

SITTING STANCE

MID KNIFEHAND GUARDING BLOCK 29

L STANCE

MIDDLE INNER FOREARM BLOCK

LOW OUTER FOREARM BLOCK

26

CLOSED STANCE

27

MID KNIFEHAND GUARDING BLOCK 28

L STANCE

25

SIDE ELBOW

L STANCE

MID PUNCH 23

L STANCE

24

X FIST PRESSING BLOCK

WALKING STANCE

22

MID PUNCH

L STANCE

LOW OUTER FOREARM BLOCK

20

WALKING STANCE

21

MID PUNCH

L STANCE

16

STRAIGHT FINGERTIP THRUST

WALKING STANCE

15

MID KNIFEHAND GUARDING BLOCK

L STANCE

MID KNIFEHAND GUARDING BLOCK 17

L STANCE

TURNING KICKS 18

19

MID KNIFEHAND GUARDING BLOCK

L STANCE

9

LOW OUTER FOREARM BLOCK

WALKING STANCE

10

MID PUNCH

WALKING STANCE

11

LEFT FOOT TO RIGHT FOOT

LEFT PALM TO RIGHT FIST

MID SIDE KICK

12

MID KNIFEHAND STRIKE

L STANCE

13

MID PUNCH

WALKING STANCE

14

MID PUNCH

WALKING STANCE