

# 6<sup>th</sup> Kup Grading – WON-HYO



**START**

**1** TWIN FOREARM BLOCK L STANCE

**2** HIGH INWARD KNIFEHAND STRIKE L STANCE

**3** MIDDLE SIDE PUNCH FIXED STANCE

**4** TWIN FOREARM BLOCK L STANCE

**5** HIGH INWARD KNIFEHAND STRIKE L STANCE

**6** MIDDLE SIDE PUNCH FIXED STANCE

**7** BENDING READY STANCE

**8** MIDDLE SIDE KICK

**9** MIDDLE KNIFEHAND GUARDING BLOCK L STANCE

**10** MIDDLE KNIFEHAND GUARDING BLOCK L STANCE

**11** MIDDLE KNIFEHAND GUARDING BLOCK L STANCE

**12** STRAIGHT FINGERTIP THRUST WALKING STANCE

**13** TWIN FOREARM BLOCK L STANCE

**14** HIGH INWARD KNIFEHAND STRIKE L STANCE

**15** MIDDLE SIDE PUNCH FIXED STANCE

**16** TWIN FOREARM BLOCK L STANCE

**17** HIGH INWARD KNIFEHAND STRIKE L STANCE

**18** MIDDLE SIDE PUNCH FIXED STANCE

**19** WALKING STANCE

**20** LOW FRONT SNAP KICK CIRCULAR BLOCK

**21** MIDDLE REVERSE PUNCH WALKING STANCE

**22** CIRCULAR BLOCK WALKING STANCE

**23** LOW FRONT SNAP KICK

**24** MIDDLE REVERSE PUNCH WALKING STANCE

**25** BENDING READY STANCE

**26** MIDDLE SIDE KICK

**27** MIDDLE FOREARM GUARDING BLOCK L STANCE

**28** MIDDLE FOREARM GUARDING BLOCK L STANCE