

Blue Belt

Palgue 7

- Double Groin Smash:** Twist your hips slightly to the right and cross your wrists, right over left at your shoulders. Step forward with your left foot into a front stance. Double groin smash with both hands.
- Front Kick, Double Temple Smash:** Front kick with your right foot and step forward with it into a front stance. Double temple smash with both hands.
- Front Kick, X Block High:** Front kick with your left foot and step forward with it into a front stance. X block high with both hands, right hand on top.
- Side Kick/Back Fist, Knife Hand Middle:** Simultaneously side kick with your right foot and back fist with your right hand and then step forward with your right foot into a back stance. Knife hand middle block with your right hand forward.
- Outside Block:** Turn to the left (270) and step with your left foot into a left front stance. Outside block with your left hand.
- Reverse Punch:** Reverse punch with your right hand.
- Upper Block:** Upper block with your left hand.
(Moves number 5,6,and 7 are done in rapid succession)
- Side Kick/Back Fist, Knife Hand Lower:** Simultaneously side kick with your right foot and back fist with your right hand and step forward with your right foot into a left back stance. Knife hand lower block with your right hand forward.
- Reverse Punch:** Shift your right foot into a front stance. Reverse punch with your left hand.
- Outside Block:** Turn to the right (180) and step with your right foot into a right front stance. Outside block with your right hand.
- Reverse Punch:** Reverse punch with your left hand.
- Upper Block:** Upper block with your right hand.
(Moves number 10,11,and 12 are done in rapid successions)
- Side Kick/Back Fist, Knife Hand Lower:** Simultaneously side kick with your left foot and back fist with your left hand and step forward with your left foot into a right back stance. Knife hand lower block with your left hand forward.
- Reverse Punch:** Shift your left foot into a front stance. Reverse punch with your right hand.

X Block Low:	Turn to the left (90) and step with your left foot into a front stance. X block low with your right hand on top.
X Block High:	Twist your hips to the right as you cross your wrists at your belt, right over left. Twist your hips forward again and X block high.
Butterfly Palm, High Punch:	Butterfly palm and then high punch with your right hand. Kihap.
Down Block:	Turn to the left (180), sweeping with right leg and landing into a horse stance. Down block with your right hand.
Knife Hand Chop:	Turn to the left (180) and step with your left foot into a front stance. Chop with your left hand.
Inside Crescent Kick, Elbow Smash:	Turn your left hand vertical and inside crescent kick with your right foot into your left palm. Step forward with your right foot into a horse stance leaving your left palm out. Elbow smash with your right elbow into your left palm.
High & Low Block:	Turn to the left (90), slide your left foot to your right foot and step backwards with your right foot into a right back stance. High & low block with your left hand forward.
Knife Hand Middle Block:	Slide your left foot to your right foot and step backwards with your right foot into a back stance. Knife hand middle block with your left hand forward.
Reverse Punch:	Shift your left foot into a front stance Reverse punch with your right hand. Kihap.

Self Defense 9: Bear Hug

Slam your head backwards to butt your opponent's face with the back of your head. Step out with your right foot and palm strike your opponent's groin with your left hand. Grab the groin with your left hand and step behind your opponent with your left foot. Pull your left elbow up into the opponent's chin and palm strike to your opponent's face with your right hand.

One Step Sparring #9

- Start at ready position
 - No leap
- Inside crescent kick (L)
- Jump outside crescent kick (R)
 - Pop up front kick (R)
 - Double punch, Kihap

360 Round Kick Combination

- Axe Kick (L)
- Slide-Up Round Kick (L)
 - Round Kick (R)
- 360 Jump Round Kick (R)
 - Double punch, Kihap