

# 1ST DEGREE BLACK BELT-RECOMMENDED

## KWANG GAE HYUNG

### TECHNIQUE

Twin arc hands ready position

1. Closed ready position B (kihap)
2. Right tension reverse upset punch
3. Left tension reverse upset punch
4. Right hooking block (Rt. 45°)
5. Left double knifehand low block
6. Left hooking block (Lt. 45°)
7. Right double knifehand low block
8. Left double knifehand block
9. Right double knifehand block, turn rt. 180°
10. Right tension reverse upset palm heel block
11. Left tension reverse upset palm heel block
12. Right circular upset knifehand strike (low) to left palm
13. Left double outer forearm block
14. Left repeat side kick (13. & 14., no pause)
15. Right reverse upset knifehand strike
16. Left side overhead hammerfist strike
17. Right double outer forearm block
18. Right repeat side kick (17. & 18., no pause)
19. Left reverse upset knifehand strike
20. Right side overhead hammerfist strike
21. Right reverse tension palm pressing block
22. Left reverse tension palm pressing block
23. Right stomp kick-right backfist (kihap), turn rt. 180°
24. Right double inner forearm block
25. Right inner forearm - left low block (hopping back ¼ stance)
26. Right tension horizontal spearhand strike
27. Left stomp kick - left backfist (kihap), turn lt. 180°
28. Left double inner forearm block
29. Left inner forearm - right low block (hopping back ¼ stance)
30. Left tension horizontal spearhand strike
31. Twin high punch
32. Twin upset punch
33. Right front kick, step twice and turn rt. 180°
34. Right double knifehand block

### STANCE

Parallel

Closed

Left front

Right front

Right front

Right back

Left front

Left back

Right rear

Left rear

Left front

Right front

Closed

Right back

Closed

Left back

Closed

Left front

Right front

Left back

Right front

Adjust stance

Right back

Left front

Adjust stance

Right front

Left front

Left back

**1ST DEGREE BLACK BELT-RECOMMENDED (cont.)**

**KWANG GAE HYUNG**

TECHNIQUE

35. Left high punch
36. Twin upset punch
37. Left front kick, step twice and turn lt. 180°
38. Left double knifehand block
39. Right high punch

Move left foot back to ready position

STANCE

Left front  
Right front  
  
Right back  
Right front