

Black Belt (3rd Dan)

Stances:

Warrior ready stance A

Movement:

Hand Techniques:

Twin low knifehand block

Combination high pressing block to supported punch

Low punch with twin fist

Blocks:

Waving kick block

Kicks:

Demonstration kicking

Self-defense / Sparring:

Free (promise sparring)

Sparring against weapons (promise sparring)

Pattern:

Taebaek

Sam-Il (33 movements)

Yoo-Sin (68 movements)

Choi-Yong (45 movements)