

4TH DANS

BACKWARD MOVEMENTS

FORWARD MOVES FROM 1ST TO 3RD DAN

BASICS

SOME BACKWARD MOVES

FROM 1ST TO 3RD DAN BASICS

Reverse pressing block - Se Jon (B)

**Inward outer forearm block, rear ft st, slip back foot inward
palm bl. WS (B)**

Double reverse knife hand block – Tong IL (B)

Obverse underfist strike, reverse palm strike – Tong IL (B)

**High reverse knifehand strike, opp hand in front of head –
Ul Ji (B)**