



Hyung Je MARTIAL ARTS

跆拳道

4 High Flat Fingertip Thrust Walking Stance

3 Knife Hand Guarding Block L Stance

Parallel Ready Stance

1 Twin Knife Hand Block L Stance

2 Inward Knife hand strike / Knife hand rising block Walking Stance

5 Knife Hand Guarding Block L Stance

6 Knife Hand Guarding Block Bending Reading Stance

7 Side Piercing Kick L Stance

8 Knife Hand Guarding Block L Stance

12 Head Grab

11 Upward Knee kick Walking Stance

10 Low outer forearm block L Stance

9 Flying Side Piercing Kick L Stance

Knife Hand Guarding Block L Stance

Choong Moo

27 X-Knife Hand Checking Block L Stance

26 Side Piercing Kick

25 Side Piercing Kick

30 Reverse Punch

29 Rising Block

28 Twin Palm Upward Block

22 Straight Fingertip Thrust Walking Stance

23 Double Forearm Block Walking Stance

24 Inner Forearm Block Sitting Stance

Backfist Side Strike

Stances
Defensive
Offensive

20 Upset Fingertip Thrust Walking Stance

21 Back-fist strike / Outer Forearm Block L Stance

18 U Shape block Fixed Stance

19 Knife Hand Guarding Block L Stance

17 Turning Kick

13 Reverse Knife Hand strike Walking Stance

14 Turning Kick

15 Back Piercing Kick

16 Forearm guarding block L Stance

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