

Dan Goon

Belt Level: Orange

- 1.) Jhoon-Bi
 - 2.) Turn left (90°) into Back Stance, Double Knife Hand Strike
 - 3.) Step forward into Front Stance, High Punch to face with right fist
 - 4.) Turn right (180°) into Back Stance, Double Knife Hand Strike
 - 5.) Step forward into Front Stance, High Punch to face with left fist
 - 6.) Turn left (90°) into Front Stance, Down Block with left arm
 - 7.) Step forward into Front Stance, High Punch to face with right fist
 - 8.) Step forward into Front Stance, High Punch to face with left fist
 - 9.) Step forward into Front Stance, High Punch to face with right fist
 - 10.) Turn right (270°) into Back Stance, Square Block with closed fists (right arm on top)
 - 11.) Step forward into Front Stance, High Punch to face with right fist
 - 12.) Turn right (180°) into Back Stance, Square Block with closed fists (left arm on top)
 - 13.) Step forward into Front Stance, High Punch to face with left fist
 - 14.) Turn left (90°) into Front Stance, Down Block with right arm then high block with left arm
 - 15.) Step forward into Front Stance, High Block with right arm
 - 16.) Step forward into Front Stance, High Block with left arm
 - 17.) Step forward into Front Stance, High Block with right arm
 - 18.) Turn right (270°) into Back Stance, Single Knife Hand Strike with the left hand
 - 19.) Step forward into Front Stance, High Punch to face with right fist
 - 20.) Turn right (180°) into Back Stance, Single Knife Hand block with right hand
 - 21.) Step forward into Front Stance, High Punch with left fist
 - 22.) Hold position until Sensei says "Ba-ro"
 - 23.) Jhoon-Bi
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