

## **Blocks & Strikes:**

Charyot – Kyung-nyeh – Joon-bi → Kima Sogi

- 01) Left hand low section block.
- 02) Right hand low section block.
- 03) Left hand inside forearm block.
- 04) Right hand inside forearm block.
- 05) Left hand hooking block.
- 06) Right hand hooking block.
- 07) Left hand high section block.
- 08) Right hand high section block.
- 09) Left hand double knife hand block (to the left).
- 10) Right hand double knife hand block (to the right).

- 01) Left hand middle section punch.
- 02) Right hand middle section punch.
- 03) Left hand knife hand strike (to the left).
- 04) Right hand knife hand strike (to the right).
- 05) Left hand arc hand.
- 06) Right hand arc hand.
- 07) Left hand ridge hand strike.
- 08) Right hand ridge hand strike.
- 09) Left hand high section middle knuckle punch.
- 10) Right hand high section middle knuckle punch.