

Hand Technique # 6

Start from Junbi

- 1 Left foot forward back stance double body block (open) then double down block (open)
- 2 Same right side
- 3 Left foot forward back stance double body block (closed) then double down block (closed)
- 4 Same right side
- 5 Left foot forward tiger stance right hand palm middle block then right hand palm down block
- 6 Same right side
- 7 Left foot forward front stance scissor block left then right
- 8 Right foot forward front stance scissor block right then left
- 9 Left foot forward back stance keumgang mahki, right uppercut, left backfist...left leg side kick, land in front stance with right elbow to left hand strike
- 10 Same right side