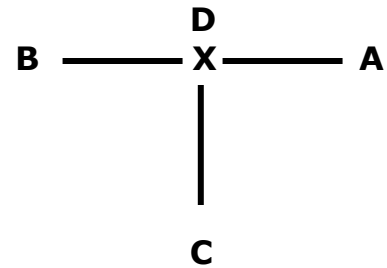


KO-DANG: 2ND DEGREE BLACK BELT FORM



- NEW BLOCKS: Twin Low Block,
Downward Forearm Block,
Knifehand High Block
- NEW STRIKES: Downward Vertical Elbow,
Twin Upset Knifehand Strike
- NEW KICKS: #1 Outer Crescent Kick,
#2 Outer Crescent Kick
- READY STANCE: Closed Ready Stance C

1. Right foot steps back to AC into middle stance, left palm block to mid section.
2. No step. Right punch to mid section.
3. Right foot steps back to CD into right back stance, left double outer forearm block.
4. No step. Left inner high/low block.

5. Left foot steps back to BC into middle stance, right palm block to mid section.
6. No step. Left punch to mid section.
7. Left foot steps back to CD into left back stance, right double outer forearm block.
8. No step. Right inner high/low block.

9. Left one-leg stance (body facing D), twin low block to sides.
10. Right reverse side kick to C.
11. Right foot steps down to C into right back stance to D, left outer knifehand block.

12. Right one-leg stance (body facing D), twin low block to sides.
13. Left reverse side kick to C.
14. Left foot steps down to C into left back stance to D, right outer knifehand block.

15. Right foot steps back clockwise into right back stance to D, left downward vertical elbow to mid section.
16. Left foot steps back counter clockwise into left back stance to D, right downward vertical elbow to mid section. **KIHAP**
17. Left foot steps to D into left front stance, left double palm block (slow).
18. Right foot steps to D into right front stance, right double palm block (slow).

19. Right foot steps back clockwise to C into right stance to D, left downward forearm block to mid section.
20. Right foot steps to D into left back stance, right downward forearm block to mid section.
21. Left foot steps to D into right rear stance, left upset palm block to mid section.
22. Right foot steps to D into left rear stance, right upset palm block to mid section.

23. Right foot steps back clockwise to C into right rear stance to D, left #1 front kick.
24. Left foot steps down into left front stance to D, twin upset knifehand strike to high section.
25. No step. Left knifehand high block.
26. Left foot steps into right back stance to D, left double knifehand block to low section.
27. Left foot steps into left back stance to D, right reverse punch to low section. **KIHAP**

28. Left foot steps back to side rear of right foot. Right foot steps back to C (sliding half stance length) into right back stance to D, left double knifehand block.
29. Jump up and land on same spot into right back stance, left double knifehand block.
30. Right foot jumps to D one stance length into right X-stance, right side backfist strike.

31. Left foot steps counter clockwise to C into left front stance, left outer forearm block.
32. Left foot steps to line CD. Right foot steps clockwise to D into right front stance, right outer forearm block.
33. Left foot steps to D into right back stance, right reverse upset punch to mid section. AT the same time, left fist pulls to right shoulder (palm in). **KIHAP**

34. Right #2 outer crescent kick to A.
35. Right foot steps down to A into left back stance, right horizontal spearhand to high section.
36. Right foot steps to left. Left #1 outer crescent kick to B.
37. Left foot steps down to B into right back stance, left horizontal spearhand to high section.

38. Left foot steps to right foot. Right foot steps to A into left back stance, right double knifehand block.
39. Right foot steps to left foot. Left foot steps to B into right back stance, left double knifehand block.

END: Left foot steps back to ready stance.