

Chil Sung Sam Ro (Red Belt Instructional Guide pg 63)

1. Jhoon Bee Jaseh
2. double hand catching/holding technique
3. bring both arms straight overhead
4. move arms out and down
5. move arms down to waist
6. double hand palm push
7. left hand low hand knife block, right hand side high block
8. Ahneso Pahkuro Mahk Kee
9. Teul Oh Ahneso Pahkuro Mahk Kee
10. Yup Podo Cha Gi
11. retract foot next to knee, left arm on top and right arm under
12. left hand middle knife hand block, right hand high knife hand block
13. Ahneso Pahkuro Mahk Kee
14. Teul Oh Pahkeso Ahnuro Mahk Kee
15. Yup Podo Cha Gi
16. retract foot next to knee, left arm on top and right arm under
17. left hand middle knife hand block, right hand high knife hand block
18. double knife hand block
19. right hand high block, left hand center upset punch
20. right foot crane stance, left low knife block, right ridge side high block
21. double palm push
22. move left foot next to right
23. double knife hand block
24. left hand high block, right hand center upset punch
25. left foot crane stance, right low knife block, left ridge side high block
26. double palm push
27. Choong Dan Soo Do Mahk Kee
28. Choong Dan Soo Do Mahk Kee
29. Choong Dan Soo Do Mahk Kee
30. Choong Dan Soo Do Mahk Kee
31. Ahneso Pahkuro Soo Do Mahk Kee
32. Ssang Soo Ha Dan Mahk Kee
33. double hand high block
34. double hammer fist to lower ribcage
35. Choong Dan Kong Kyuk
36. Teul Oh Choong Dan Kong Kyuk
37. left rear low knife hand block, right high knife hand block
38. left high knife hand block, right reverse high knife hand strike
39. Ahp Cha Nut Gi

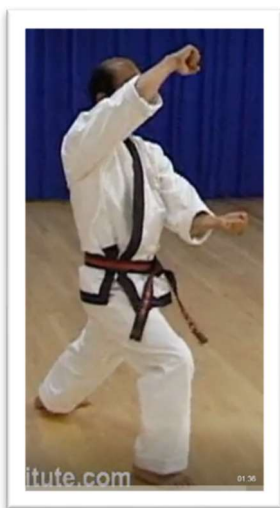
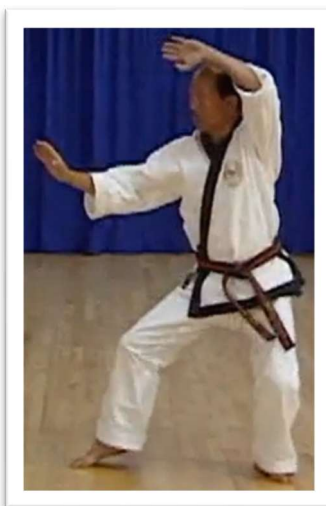
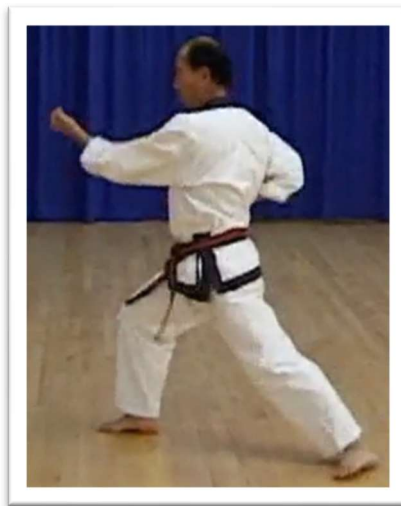
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- 40. right hand back fist
- 41. Choong Dan Soo Do Mahk Kee
- 42. left palm heel outside inside strike/block
- 43. right palm heel outside inside strike/block
- 44. left center spear hand attack
- 45. right reverse center spear hand attack
- 46. left low ridge hand strike, right rear low knife hand strike
- 47. right low ridge hand strike, left rear low knife hand strike
- 48. left low ridge hand strike, right rear low knife hand strike
- 49. right low ridge hand strike, left rear low knife hand strike
- 50. Sang Dan Mahk Kee
- 51. left hammer fist, right reverse hammer fist
- 52. left reverse hammer fist, right hammer fist
- 53. move left foot next to right
- 54. Sang Dan Mahk Kee
- 55. right hammer fist, left reverse hammer fist
- 56. left hammer fist, right reverse hammer fist
- 57. Ba Ro

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