

Lo Hai Hyung

1. Jhoon Bee Jaseh
2. Move arms out to sides
3. Move hands together
4. Right knife low block, left reinforced
5. Left knife low block, right reinforced
6. Right slow extend
7. Prepare
8. Forehead strike
9. On left foot, left low knife block, right high block
10. Right inside-outside knife strike
11. Left center punch
12. Right reverse center punch
13. Left low block
14. Right reverse high punch
15. On left foot, left low knife block, right high block
16. Right inside-outside knife strike
17. Left center punch
18. Right center punch
19. (two moves)
- A. On left leg, right outside-inside kick, left palm strike
- B. Right downward punch
20. On left foot, left low knife block, right high block
21. Right inside-outside block
22. Left reverse center punch
23. Right center punch
24. Prepare
25. Left outside-inside kick
26. Complete kick to right knee
27. Forward double punch (right high, left low)
28. Prepare
29. Right outside-inside kick
30. Complete kick to left knee
31. Forward double punch (left high, right low)
32. Left to right shoulder, right upper cut
33. Jump
34. Right knife center block, left reinforced
35. Left knife low block, right reinforced
36. Ba Ro Jaseh

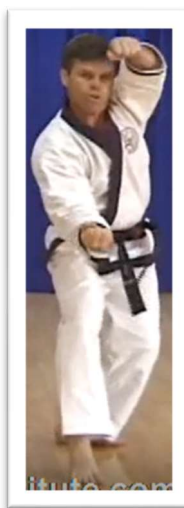
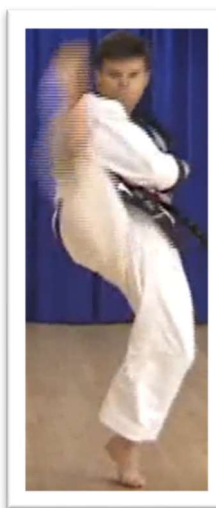
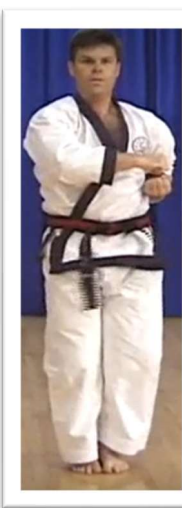
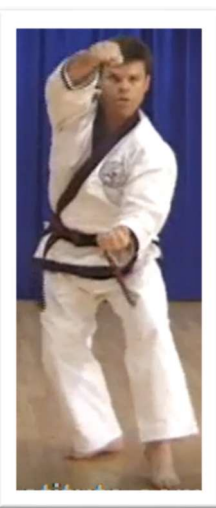
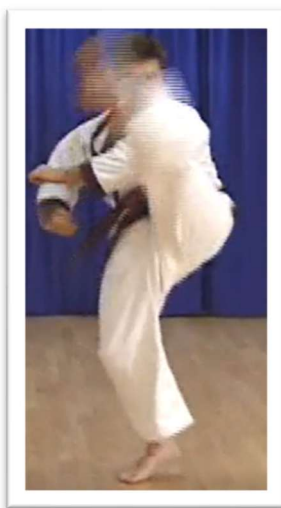
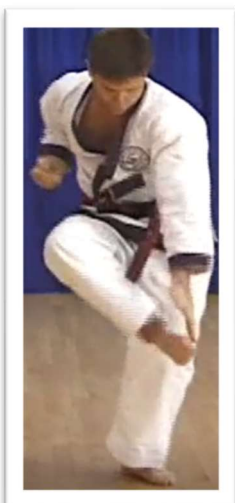
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