

Yuk Ro E Dan (Joong Jol)

1. Jhoon Bee Jaseh
- 2-3. Push up and down
4. Two fist middle block
5. Reinforced knife low block
6. Retreating knife low block
7. Rear block
8. Soo Do block
9. Push chop
10. Rear block
11. Soo Do block
12. Push chop
- 13-14. Two low blocks
15. Admire the hip, high block
16. Open up
17. Flip up
18. Open up
19. Flip up
20. Reverse high
21. High punch
22. Reverse high punch
23. Upper cut
24. Upper cut, low hammer
25. Upper cut, low hammer
26. Upper cut
- 27-28. Push up and down
29. Two fist middle block
30. Two fist middle knife block
31. Retreat two fist middle knife block
32. Low block
33. Reverse punch
34. Middle punch
35. Low block
36. Reverse punch
37. Middle punch
38. Hook and kick

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39. Hook and kick

40. Admire the hip, high block

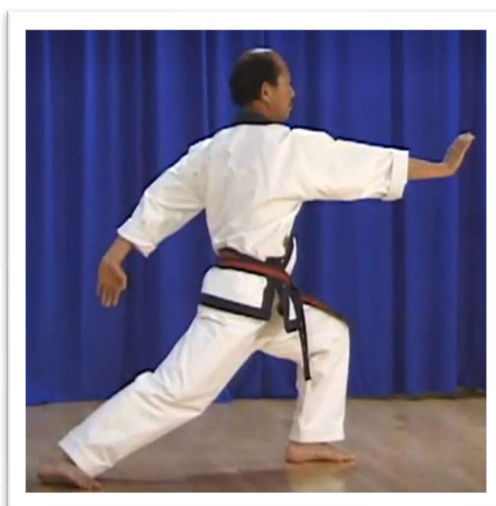
41. Double block

42. Twist punch

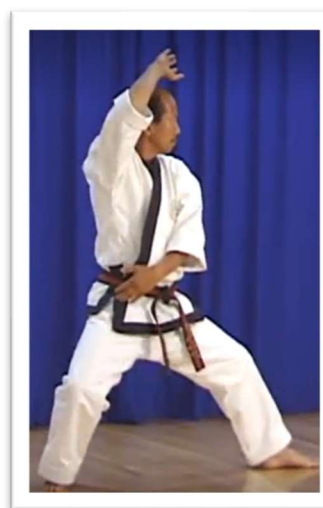
43. Jump twist punch

44. Ba Ro Jaseh

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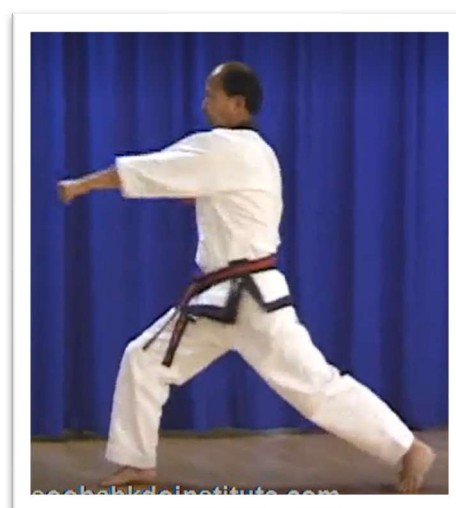
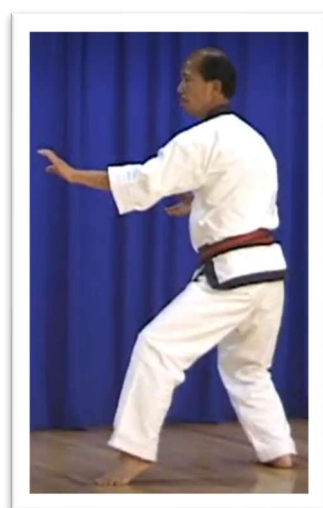
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