|  |
| --- |
| **ILL YUNG SUEK** |

FIRST COMBO SERIES

**HA-NA.** Front Hand **LOW STRAIGHT FOREARM BLOCK,**

Back Hand **HORIZONTAL PUNCH** (Hip Shift),

Back Leg **SNAPPING BRIDGE KICK**

**DUL.** Front Hand **HIGH FOREARM BLOCK,** Followed immediately by a

Back Hand **VERTICAL PUNCH to the Solar Plexus** (Hip Shift & Back)

Front Hand (Pause) **VERTICAL PUNCH to the face**

Back Leg **FRONT SNAP KICK** (to the body)

**SET.** Front Hand **INSIDE-OUT FOREARM BLOCK,**

Back Hand **UPWARD PUNCH** (Hip Shift)

Back Leg **CRESCENT KICK**

**NET** Front Hand **OUTSIDE IN FOREARM BLOCK,**

Back Hand **HOOK PUNCH,** (Hip Shift) Front Hand **HOOK PUNCH,**

Back Leg **REVERSE CRESCENT KICK**

**TA-SOT.** Front Hand **INSIDE-OUT INVERTED FOREARM BLOCK,**

Back Hand  **UPWARD PALM ATTACK** (Hip Shift)**,**

Back Leg **ROUNDHOUSE KICK**

**YA-SOT** Front Hand **HORIZONTAL PALM-PRESS BLOCK,**

Front Hand  **HORIZONTAL BACKFIST,**

Back Hand **STEP-THRU HORIZONTAL BACKFIST,**

Front Leg **JUMPING SCISSORS FRONT SNAP KICK**

**IL-GOP** Front Hand **LOW CIRCULAR PALM-PRESS BLOCK,** (catch leg)

Front Hand **VERTICAL BACKFIST,** Back Leg **SIDE-SNAP KICK**

**YOL-DOL.**  Both Hands **LOW X-WRIST BLOCK,** (Front Straight Stance)

Both Hands Reload **DOUBLE HORIZONTAL PUNCH** (Solar Plexus),

Back Leg **HOOK KICK** (to the head)

**AH-HOP.** Both Hands  **HIGH X-WRIST BLOCK,** (Front Straight Stance)

Front Hand **OUTWARD TURNED PALM ATTACK,**

Back Leg **QUARTER-BALL ROUNDHOUSE KICK**

**YOL.** Front Leg  **VERTICAL FRONT LEG BLOCK,**

Back Hand  **INWARD TURNED PALM ATTACK** (Hip Shift)

Back Leg **HIGH FRONT SNAP KICK**  (to the face)

### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA 2/2021