|  |
| --- |
| **YEE YUNG SUEK** |

SECOND COMBO SERIES

**HA-NA** Front Hand **LOW KNIFEHAND BLOCK, HORIZ HAMMERFIST ATTACK,**

Back Hand **STEP-THRU HORIZONTAL HAMMERFIST ATTACK**

Strong Leg **JUMPING SCISSORS KNEE** (To the body)

**DUL** Front Hand **HIGH KNIFEHAND BLOCK,** (Front Leg) **SNAPPING BRIDGE**

Back Hand **DOWNWARD HAMMERFIST ATTACK** (Hip-Shift)

**SET** Front Hand **OUTSIDE IN KNIFEHAND BLOCK,**

Front Hand **HORIZONTAL KNIFEHAND ATTACK,**

Back Hand **STEP-THRU HORIZONTAL KNIFEHAND ATTACK**

Switch Feet **Back Leg**  - **FRONT HEEL THRUST**

**NET** Front Hand **INSIDE-OUT KNIFEHAND BLOCK,**

Front Hand **OUTSIDE-IN KNIFEHAND ATTACK,**

Back Hand **OUTSIDE-IN KNIFEHAND ATTACK** (Hip-Shift)

Back Leg **SIDE HEEL THRUST**

**TA-SOT** Front Hand **VERTICAL PALM PRESS BLOCK,**

Back Hand  **TIGER MOUTH ATTACK** (Hip Shift)

Back Leg **BACK SNAP KICK**

**YA-SOT** Both Hands **HIGH PRAYER PRESS BLOCK, (**Front Straight Stance)

Both Hands  **DOWNWARD KNIFEHAND ATTACK** (Neck)

Back Leg **VERTICAL KNEE** (Grab and pull)

**IL-GOP** Front Hand **INSIDE-OUT FOREARM SUPPORT BLOCK,**

Front Hand **INSIDE-OUT RIDGEHAND ATTACK**

Front Leg **INVERTED ROUNDHOUSE KICK**

**YOL-DOL** Front Hand **VERTICAL CHICKEN-WRIST BLOCK,**

Back Hand **UPWARD RIDGEHAND ATTACK TO GROIN** (Hip-Shift)

Back Leg **AXE KICK**

**AH-HOP** Front Hand  **HORIZONTAL CHICKEN-WRIST BLOCK,** (stepping in punch)

Back Hand **RIDGEHAND ATTACK** (Hip-Shift)

Back Leg **HORIZONTAL KNEE** (to the body)

**YOL** Front Leg  **HORIZ FRONT LEG BLOCK,** (Tap Down) **ROUNDHOUSE KICK**

Back Hand **INVERTED HORIZONTAL BACKFIST** (Hip-Shift)

### 

### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA

11/2019