



Grandmaster Hong Kong Kim's Tae Kwon Do Black Belt Academy

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#	Motion	Stance	Rotation
0	Ready		
1	Spread Low Block	Front	
2a	Upper Front Kick	Front	
2b	Spread Middle Block	Front	
3a	Upper Front Kick	Front	
3b	Upper X Block	Front	
4a	Upper Side Kick & Punch		
4b	Knife Hand Middle Block	Cat	
5	Outside Middle Block	Cat	L 270
6	Reverse Upper Punch	Front	
7	Upper Block	Front	
8a	Upper Side Kick & Punch		
8b	Knife Hand Low Block	Cat	
9	Reverse Middle Punch	Front	
10	Outside Middle Block	Cat	R 180
11	Reverse Upper Punch	Front	
12	Upper Block	Front	
13a	Upper Side Kick & Punch		
13b	Knife Hand Low Block	Cat	
14	Reverse Middle Punch	Front	
15	Low X Block	Front	L 90
16	Upper X Block	Front	
17 (Kiyap)	Grab, Upper Punch	Front	
18a	Outside Crescent Kick		L 180
18b	Foot Smash, Hammer Fist to Groin	Riding Horse	
19	Knife Hand Strike	Front	L 180
20a	Outside Crescent Kick		
20b	Elbow Strike	Riding Horse	
21	Upper Backfist & Low Block	Cat	L 180
22	Knife Hand Middle Block	Cat	
23 (Kiyap)	Reverse Middle Punch	Front	