

Black Belt Kicks

1. skip front ☹️ jump straight back ☹️ jump straight back
2. skip round ☹️ jump spinning hook ☹️ jump round
3. skip double side ☹️ flying side ☹️ (front leg) jump side
4. skip hook round ☹️ spin hook triple round hook
5. skip double round ☹️ flying round ☹️
jump spinning hook
6. tornado ☹️ jump spinning in-to-out
7. skip in-to-out ☹️ jump spinning in-to-out ☹️
(back leg) pop up front kick
8. skip triple round hook ☹️ stationary triple round side
9. skip round ☹️ 360° back ☹️ out-to-in (axe)
10. skip round ☹️ 360° round ☹️ jump straight back

BLACK BELT FORMS

- ① KORYO
- ② KWANG-GAE
- ③ TAEBAEK
- ④ PYONGWON