

# 5th Dan +

- FWD** Parallel Stance, Twin Horizontal Knife Hand Strike, Left Leg Middle Section Side Kick To Back (Hands Remain In Position), Pivot On Right Leg, Left Middle Section Turning Kick To The Front, Jump Forwards To Left X-Stance, Assisted High Left Back Fist, Right Leg Step Back To Parallel Stance ( So San)
- BWD** Slide Back Into Right Rear Foot Stance, High Forearm Guarding Block, Slip The Front Foot To Walking Stance, Reverse Middle Section Vertical Punch (So San)
- FWD** L Stance Low Section Twin Punch, Slip The Front Foot To Walking Stance, Opposite Hand To Outer Side of Fist, Twist Over In A Release Action, High Reverse Punch (So San)
- BWD** Slide L Stance, Scooping Block, Body Shift Forwards To L Stance Obverse Middle Punch draw the front foot and rotate into a bending stance, side piercing kick, land in L Stance forearm Guarding Block (So San)
- FWD** Jumping Forward, Mid Air Knife Hand Strike, Land L Stance Knife Hand Extended, Body Shift Backwards To L Stance, X-Fist Checking Block, Slip Front Foot To Walking Stance, High Crosscut, Pull Back rear foot stance, Downward Elbow (Change Legs) (Yon Gae)
- BWD** Slide Backwards To L stance, Low Section Reverse Knife Hand Guarding Block (Perform In A Circular Motion), Slip Back Foot To Walking Stance, High Section Long Fist (Slow Motion) (Yon Gae)
- FWD** High Section Reverse Hooking Kick, Middle Section Side Kick, Jump Forward To X-Stance, Downward Back Fist Strike, Pull Back to Guard (Change Legs) (Yon Gae)
- BWD** Slip Back Foot To Walking Stance, Low Section Reverse Inward Knife Hand Block, Slide To L Stance, Side Elbow (To Rear) (Yon Gae)
- FWD** Rear Leg Sweeping Kick, Land L Stance, Forearm Guarding Block, Front Leg, Side Checking Kick, Same Leg, Middle Section Side Thrust Kick, Land L Stance, Middle Knife Hand Strike (Moon Moo)
- BWD** Bending Ready Stance, Slow Middle Section Back Piercing Kick (To Rear), Land Walking Stance, Middle Section Reverse Punch (Fast Motion) (Moon Moo)
- FWD** High Section Reverse Turning Kick (180), Land Walking Stance, High Section Obverse Side Knife Hand Block, Pull Back Forearm Guarding Block (Moon Moo)
- BWD** Step Backwards, Rear Foot Stance, Downward Palm Block, Front Leg, Middle Front Snap Kick, Lower The Foot, Move Rear Foot in a Stamping Motion (To The Rear), Sitting Stance, Side Fist Side Strike, Slide In Sitting Stance, Scooping Block, Opposite Hand Punch, Opposite Hand Low Knife Hand Block (Moon Moo)