

KO DANG (2nd Degree Black Belt)

<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>STEPPING/ DIRECTION</i>
1	L-Palm Push	Middle	45° Middle Stance	Retreat rgt foot
2	Right Punch	Middle	Same	Stationery
3	Dbl outer forearm block	Middle	Left Back L Stance	Shift rear foot
4	Lft inner forearm/Rgt low blk combination	Middle/ low	Left Back L Stance	Stationery
5	R-Palm Push	Middle	45° Middle Stance	Retreat left foot
6	Left Punch	Middle	Same	Stationery
7	Dbl outer forearm block	Middle	Right Back L Stance	Shift rear foot
8	Right inner forearm/Left low blk combination	Middle/ low	Right Back L Stance	Stationery
9	Twin low blocks	Low	Left Bending Stance	
10	Right back kick	Middle		
11	Left outward motion knifehand block	Middle	Left Back L Stance	Retreat
12	Twin low blocks	Low	Right Bending Stance	
13	Left back kick	Middle		
14	Right outward motion knifehand block	Middle	Right Back L Stance	Retreat
15	Left downward elbow	Low	Left Back L Stance	Retreating
16	Right downward elbow	Low	Right Back L Stance	Retreating
17	Twin palm blocks with right palm pressing down (slow motion)	Middle	Left front stance	Advancing
18	Twin palm blocks with left palm pressing down (slow motion)	Middle	Right front stance	Advancing
19	Left horizontal downward block with the outer forearm	Middle	Left Back L Stance	Retreating
20	Right horizontal downward block with the outer forearm	Middle	Right Back L Stance	Advancing
21	Left upward palm block	High	Left rear L stance (cat)	Advancing

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22	Right upward palm block	High	Right rear L (cat stance)	Advancing
23	Left front kick	Groin		Retreat right foot behind left to a rear L stance before kicking
24	Twin inverted knife hand strikes	High	Left front stance	Step fwd into stance from kick
25	Left High block with knifehand	High	Same	Stationery
	<i>Perform 24 & 25 in continuous motion</i>			
26	Low Double Knifehand Blocks	Low	Left Back L Stance	Retreat right foot
27	Reverse punch downward KIHAP	Low	Left front stance	Shift left foot
28	Double knifehand blocks	Middle	Left Back L Stance	Step behind left, then retreat right foot
29	Double knifehand blocks	Middle	Left Back L Stance	Jump straight up and land in same place
30	Right side backfist pulling the left fist to your waist	High	Right reverse cat stance	Jump forward
31	Left outer forearm	Middle	Left front stance	Step to rear with the left foot
32	Right outer forearm	Middle	Right front stance	Move left foot over and reverse direction
33	Right upset punch - left fist to chest	Middle	Left Back L Stance	Advancing
34	Right hooking block with the foot	Middle	Right Back L Stance	Facing right side
35	*Right side knifehand strike	High	Right Back L Stance	
36	Left hooking block with the foot	Middle	Left Back L Stance	Step together and face left
37	*Left side knifehand strike	High	Left Back L Stance	
38	Double knifehand blocks	Middle	Right Back L Stance	Step together to right side
39	Double knifehand blocks	Middle	Left Back L Stance	Step together to left side
	Left foot returns - Closed stance "C" position			

* - may be performed as an eye rake