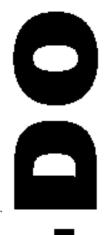
(ALL * KOREAN IS FOR 1ST DAN+)





BURNTWOOD & CANNOCK

STANCES

ATTENTION STANCE

PARALLEL READY STANCE

SITTING STANCE

WALKING STANCE

L STANCE

FIXED STANCE

CLOSE STANCE

CLOSE READY STANCE

LOW STANCE

REAR FOOT STANCE

VERTICAL STANCE

DIAGONAL STANCE

X STANCE

BENDING READY STANCE

ONE LEG STANCE

CHARYOT SOGI

NARANI JUMBI SOGI

ANNUN SOGI

GUNNUN SOGI

NIUNJA SOGI **GOJUNG SOGI**

MOA SOGI

MOA JUMBI SOGI

NACHUO SOGI

DWIT BAL SOGI

SOO JIK SOGI

SANUN SOGI*

KYOCHA SOGI

GUBURYO JUMBI SOGI

WAEBAL SOGI*

PARALLEL STANCE WITH HEAVENLY HAND NARANI SO HANALSON SOGI

FOREFIST PUNCH

SIDE PUNCH

MIDDLE KNUCKLE PUNCH

FORE KNUCKLE PUNCH

BACK FIST STRIKE

SIDE FIST STRIKE

UPWARD PUNCH

UPSET PUNCH

TWIN UPSET PUNCH

VERTICAL TWIN FIST PUNCH

CRESCENT PUNCH

TURNING PUNCH

DOWNWARD PUNCH

HORIZONTAL PUNCH

U SHAPE PUNCH

FRONT ELBOW STRIKE

BACK ELBOW STRIKE

UPWARD ELBOW STRIKE

SIDE ELBOW STRIKE

DOWNWARD THRUSTING ELBOW STRIKE

KNIFE HAND STRIKE

INWARD KNIFE HAND STRIKE

DOWNWARD KNIFEHAND STRIKE

FLAT FINGERTIP THRUST

MIDDLE SECTION FINGERTIP THRUST

CROSSCUT FLAT FINGERTIP

HORIZONTAL KNIFEHAND STRIKE

SIDE FIST

HAND

AP JOOMUK JIRUGI

YOP JIRUGI

JOONGI JOOMUK JIRUGI *

INJI JOOMUK JIRUGI *

DUNG JOOMUK TAERIGI

YOP JOOMUK TAERIGI

OLLYO JIRUGI

DWIJIBON JIRUGI

SANG DWIJIBON JIRUGI

SANG JOOMUK SEWO JIRUGI

BANDAL JIRUGI *

DOLLYO JIRUGI

NAERYO JIRUGI *

SOOPYUNG JIRUGI*

DIGULTJA JIRUGI*

AP PALKUP TAERIGI

DWIT PALKUP TAERIGI

WI PALKUP TAERIGI

YOP PALKUP TAERIGI

NAERYO SUN PALKUP TAERIGI*

SONKAL TAERIGI

ANURO SONKAL TAERIGI

NAERYO SONKAL TAERIGI

OPUN SONKUT TULGI

KAUNDE SUN SONKUT TULGI

OPUN SONKUT*

SOOPJONG SONKAL TAERIGI*

YOP JOOMUK

SON