



## Kicking Techniques

### 360 degree Reverse turning kick

## Other Requirements

## Mandatory Waiting Period

### Assistant Instructor Duties

## Black belt application and essay

## CHOONG MOO

### MOVEMENTS: 32

**DEFINITION:** Named after the famous Korean admiral Yi Sun-Sin, who was in charge of the Korean navy during the late 1500's when the Japanese, led by Hideyoshi, invaded Korea. With help from his invention of the "turtle boat" or Kobukson, Admiral Yi Sun-Sin led an outnumbered Korean navy into many victories against Japanese forces.

- 1) Turn **90 degrees** to the **left** with left leg into **left back stance** with **left knifehand outside middle block** and **right knifehand high block** simultaneously.
- 2) Move forward with right leg into **right front stance** with **left knifehand high block**, and **right outer knifehand strike** to the neck area simultaneously.
- 3) Turn **180 degrees** to the **right** with front( right ) leg into **right back stance** with **right knifehand guarding block**.
- 4) Move forward with left leg into **left front stance** with **left high fingertip**.
- 5) Turn **90 degrees** to the **left** with front( left ) leg into **left back stance** with **left knifehand guarding block**.
- 6) Turn **180 degrees** to the **right** into **right shin-block stance** with **right forearm guarding block**.
- 7) Throw **front( right ) leg side kick**.
- 8) Turn **180 degrees** to the **left** and land into **left back stance** with **left knifehand guarding block**.
- 9) Move **half step forward** with right leg, then **jump off with right leg**, and execute **right jumping side kick** landing with **right back stance**.
- 10) Execute **right knifehand guarding block**. (9-10 one count)
- 11) Turn **270 degrees** to the **left** with back( left ) leg into **left back stance** with **knifehand down block**.
- 12) Adjust to **left front stance** and execute **two handed head grab**.
- 13) Throw **back( right ) knee strike to the face**, land right foot next to left, and turn **180 degrees** to the **left** with left leg into **left front stance**.
- 14) Execute **right ridge hand strike** to the temple. (13-14 one count)
- 15) Throw **back( right ) leg side kick**.
- 16) Throw **back( left ) leg back kick** landing to **right back stance**.
- 17) Execute **right forearm guarding block**. (15-16-17 one count)
- 18) Throw **back( left ) high turning kick**, land left foot next to right, and turn **90 degrees** to the **right** into **right back stance**.
- 19) Execute **right pole block**. (18-19 one count)
- 20) **Jump 360 degrees** to the **left** and land in **right back stance** with **right low knifehand guarding block**.
- 21) Move forward with back( left ) leg into **left front stance** with **right low fingertip** (left hand pulling in).
- 22) Move backward a half step with both feet into **left back stance** with **right back fist** and **left down block** simultaneously.
- 23) Move forward with right leg into **right front stance** with **right fingertip**.
- 24) Turn **270 degrees** to the **left** with back( left ) leg into **left front stance** with **left inside reinforced block**.
- 25) Turn **90 degrees** to the **right** with back( right ) leg into **sitting stance** with **right out-to-in middle block**.
- 26) Execute **right backfist** to the temple. (25-26 one count)
- 27) **Pivot body 180 degrees** to the **left** and throw **back( right ) leg side kick**.
- 28) Throw **back( left ) leg side kick**, land and **pivot 180 degrees** to the **right** into **right back stance**.
- 29) Execute **knifehand middle X-block**. (27-28-29 one count)
- 30) Move forward with left leg into **left front stance** with **double open hand uppercut**.
- 31) Turn **180 degrees** to the **right** using **ITF turnaround** into **right front stance** with **right high block**.
- 32) Execute **left high punch**. (31-32 one count) Ki-Up.