

# Trinity Martial Arts



*Student Handbook*



## **Welcome to Trinity Martial Arts**

Trinity Martial Arts was created to provide a Christian environment where believers in Jesus Christ can train in the Martial Arts and share their faith. Trinity Martial Arts does not entertain Eastern Mysticism or Philosophies, instead you will find Biblical practices such as prayer and devotionals.

This booklet was developed to introduce you to our Karate class and to welcome you. We want you to understand that our focus is training the Christian Martial Artist. Our style of karate is called Tang Soo Do. Our Goal is to train the Mind, Body and Spirit. We recognize that we are not only at risk of physical attack but also spiritual and mental attack.

### **Organization**

***Our School “ Trinity Martial Arts” is a current member of the “Traditional Tang Soo Do International ”. Tang Soo Do Moo Duk Kwan is the complete name of our style of karate. The president of our association is Kwanja Nim Master Frederick Scott (7<sup>th</sup> Dan).***





### **7 Principles of the School Patch.**

- 1**, at the center: the "FIST" the fist is a symbol of justice and righteousness. It is widely used by Martial Artists and the Martial Arts community; it represents the desire to stand firm in the face of danger, to be fair and to defend ourselves as well as others.
- 2**, A Circle of white: a universal symbol of unity. The fist encircled represents the unity of all Martial Artists.
- 3**, A Triangle: a symbol for the Holy Trinity. All three sides are equal. It represents balance and equality. The color is red to symbolize the sacrifice made by our Lord Jesus.
- 4**, Laurel Leaves & Banner: the Laurel leaves represent the provinces of Korea, the banner and three Chinese characters which read Tang Soo Do Moo Duk Kwan, represent the style of karate, and the principles, traditions and concepts of Moo Do (Military Art) which we practice.
- 5**, a second circle of white, a Christian symbol for eternity, when combined with the triangle it represents the eternal Trinity.
- 6**, a band of Mid-night Blue, it represents continued growth, first as Christians and second as Martial Artists. It represents the high level of expertise in which we strive to obtain. It signifies that our training is continuous and that we are joined together as Christians and as (Martial Artist.
- 7**, ***All combined they mean: Trinity Martial Arts***, a brotherhood of Christian Martial Artists



The ancient origins of Korean Martial Arts can be traced back to before the time of Christ, when native fighting forms were already developing in the Korean Peninsula. Korean warrior-knights, called Hwa-rang, trained in armed and unarmed combat. They fought in the wars of national unity that marked Korean history throughout the centuries.

Fighting systems of China, which combine discipline, philosophy and rigorous exercise, eventually came to influence the martial arts in Korea and throughout the Far East through trade, wars and colonization.

The development of Tang Soo Do was influenced by the Okinawan Martial Art Shuri-Te which was created by Sokon Matsumura, refined by Yasutsune Itosu. The art form was brought to Japan by Gichin Funakoshi and taught to Koreans during the Japanese Occupation of Korea from 1910 until 1945.

During that time, in an attempt to convert the Korean culture, the practice of Korean Martial Arts was forbidden and those wishing to train in a martial art were forced to train in Japanese styles of Kara-Te (Karate to Westerners).

Karate is the Americanized pronunciation of Kara – Te (Kara means China and Te means hand, Do means art or way). When combined (Karate-do) they mean "Way of the China Hand". The meaning was changed to mean "Way of the Empty Hand" by Gichin Funakoshi when he brought the art from Okinawa to Japan in 1903.

"Tang Soo " is the Korean Pronunciation of Kara Te, both are translated as "China Hand." The term "Tang Soo Do" is the Korean equivalent of the Japanese word "karate-do".

In November 1945, after the end of WWII, Grandmaster Hwang Kee formed the Moo Duk Kwan Soo Bahk Do Association in Seoul, Korea and Tang Soo Do was the style he taught. Tang Soo Do is a Korean system of unarmed combat which was influenced by the martial arts of China (T'ang Method), Japan (karate-do) and Okinawa (Kara Te).

Tang Soo Do has enjoyed growing popularity over the years in North America. It was first taught in this country by American servicemen who had studied the system in Korea after the Korean War. In the past decades, many Korean instructors have immigrated to this country in response to a growing interest here in the martial arts.

Tang Soo Do has traditionally emphasized kicking over punching, full-power attacks and covering distances with speed. High jumping and spinning kicks characterize its movement. In addition, in the West, many Tang Soo Do instructors experiment with techniques from other systems, while maintaining the traditional discipline of the art.

### **The Philosophy of Tang Soo Do**

The basic philosophy and goal of Tang Soo Do is a deep respect for life and it is an important part of its offensive and defensive application. Our basic charter charges all members to protect life, even that of an enemy. Developing reverence for nature with an emphasis on action are training goals held forth by the charter. It is important to develop a well-balanced mind and body. If your mind is incompetent, your body will only serve as a poisonous instrument of destruction.

The Belt system of Tang Soo Do includes white, orange, green, and red. The colors represent the four seasons. The Tang Soo Do black Belt is actually Mid-night Blue and represents the continuous nature of our training.

### **Meditation**

The purpose for meditation is to clear your mind so that your entire concentration will be on Tang Soo Do. You should use your meditation period to direct your mind so that it will be in complete control of your body. During meditation, you should give thanks to God for your good health, for your country and for the freedom to study the art of Tang Soo Do.

# Dojang Rules



1. At the start of class, during class and at the end of class, when given an instruction or command, students will respond quickly and promptly with no hesitation.
2. When given instructions one-on one the student shall acknowledge the instruction with either Yes Sir/Ma'am or Thank you.
3. Students will not talk out in class, interrupt instruction or distract other students.
4. Students will refer to their Instructor as "Sabomnim" or Master (Last Name).
5. Students will refer to all Black Belts as Mr./ Ms./Mrs. (Last Name)
6. Students or guest /visitors will not wear foot apparel on the training Matts. Martial Arts specific foot apparel may be worn however check with your instructor first. Absolutely NO Outside Shoes are allowed on matt.
7. When late for class, begin stretches and warm ups on your own, wait until the instructor addresses you to enter. Bow to enter dojang and quickly join line at the end so not to disrupt instruction.
8. When instruction is being given, stop what you are doing and listen.
9. Do not refute instruction. Do as instructed, if you have a concern; address it with the instructor during a break or at the end of class.
10. Wearing of watches, rings, necklaces and other jewelry is prohibited. Wedding rings exempt.
11. Personal Hygiene is mandatory. Students will keep their finger nails and toe nails trimmed to minimize injury.
12. Free sparring is not allowed without permission from the Instructor and supervision by an adult Black Belt.
13. When Free Sparring, no contact is allowed above the shoulders. Contact is allowed during point sparring but only as directed by the instructor.
14. When sparing a junior member, students will exercise great control and maintain a high level of safety for both participants.
15. Horseplay and / or disorderly conduct is not allowed or tolerated. Keep your hands and feet to yourself.
16. Wining is not allowed or tolerated, maintain a positive attitude.
17. No food or drink is allowed in the DoJang except during Special Events. Gum chewing is not allowed.
18. Absolutely no vulgar language will be tolerated.
19. Unacceptable conduct or behavior while in class or attending an event sponsored by this school will result in dismissal.
20. Violations of rules 11 through 18 can result in dismissal from the school at the discretion of the instructor.

# *Bible Verses for Gup testing*

<i>9<sup>th</sup> Gup White Belt</i>	<i>Phil. 4.13</i>
<i>8<sup>th</sup> Gup Orange Belt</i>	<i>John 3.16</i>
<i>7<sup>th</sup> Gup Orange Belt</i>	<i>John 3.17 – 18</i>
<i>6<sup>th</sup> Gup Green Belt</i>	<i>Eph. 2.8 – 9</i>
<i>5<sup>th</sup> Gup Green Belt</i>	<i>Luke 11.2 – 4</i>
<i>4<sup>th</sup> Gup Green Belt</i>	<i>Psalms 23</i>
<i>3<sup>rd</sup> Gup Red Belt</i>	<i>1 Cor. 13.4 – 7</i>
<i>2<sup>nd</sup> Gup Red Belt</i>	<i>Rev. 22.1, 22.13, 22.16 – 17</i>
<i>1<sup>st</sup> Gup Red Belt</i>	<i>Exo. 20.3</i> <i>“The Ten Commandments”</i>
<i>1<sup>st</sup> Dan</i>	<i>Mat. 5.3 – 10</i>

## *Additional Reading*

<i>Luke 18.9 – 14</i>	<i>Humility</i>
<i>Luke 15</i>	<i>The Importance of reaching one person for Christ</i>
<i>Luke 9.23 – 27</i>	<i>Endurance</i>
<i>Sirach 22.19 – 26</i>	<i>Friendship</i>
<i>Proverbs 18.22</i>	<i>Wife</i>
<i>Matthew 19.4 – 6</i>	<i>Husband and Wife</i>



# *Memory Requirements for Gup testing*

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## **The Principles of Tang Soo Do** Respect, Sincerity, Justice

### **5 Training responsibilities of the Student**

1. Look with the Intent to learn.
2. Listen with the intent to learn.
3. Imitate what you learn.
4. Record what you learn.
5. Practice, practice, practice.

### **8 Key Concepts**

- |                           |                    |
|---------------------------|--------------------|
| 1. Courage                | Young Gi           |
| 2. Concentration          | Chung Shin Tong IL |
| 3. Endurance              | In Neh             |
| 4. Honesty                | Chung Jik          |
| 5. Humility               | Kyum Son           |
| 6. Control of Power       | Him Cho Chung      |
| 7. Tension and relaxation | Shin Chook         |
| 8. Speed Control          | Wan Gup            |





# *Memory Requirements for Gup testing*



## *Ten Articles of Faith*

1. Be Loyal To Your Country
2. Be Obedient To Your Parents
3. Be Loving Between Husband And Wife
4. Be Cooperative Between Brothers
5. Be Respectful Toward Your Elders
6. Be Faithful Between Friends
7. Be Faithful Between Teacher And Student
8. Be Discreet In Killing
9. Never Retreat In Battle
10. Always Finish What you Start

## **The 5 Requirements and 10 Points of Emphasis on Physical Ability Requirements:**

1. Contact with natural surroundings
2. Contact with diverse physical conditions
3. Suitable nourishment
4. Suitable exercise
5. Suitable rest

## **Emphasis**

1. Vocal exhalation for thoracic strength (Ki-Aup)
2. Focus of sight
3. Continuous balance during movements
4. Flexibility of the body
5. Correct muscle tone for maximum power
6. High and low speed technique
7. Exactness of technique
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning of hands and feet

## *Memory Requirements for Gup testing*



### **The 5 Requirements and 11 Points of Emphasis on Mental Training**

#### **Requirements:**

1. Oneness with nature
2. Complete awareness of environment
3. Experience
4. Conscience
5. Culture

#### **Emphasis**

1. Reverence for nature
2. Physical control (Ki-Aup)
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-sacrifice
7. Courage
8. Chastity
9. Strength inside and mildness outside
10. Endurance
11. Reading ability

***DoJang Kyun  
Strong Body and Will Power  
Brings Victory  
Hard Training Brings Courage***

**撞 手 道**

# *General Terminology*



Name of The Founder of Tang Soo Do	Grandmaster Hwang Kee
Origin of Art	Seoul, Korea
Nim	Sir, Term of Respect
Dan	Degree Holder (Black Belt)
Gup	Grade Holder under Black Belt
Ko Dan Ja	Senior Dan Holder
You Dan Ja	Dan Holder
You Gup Ja	Gup Holder
Kwan Won	Student Member
Cho Bo Ja	Beginner
Soo Gi	Hand Techniques
Jok Gi	Foot Techniques
Cha Gi	Kick
Ki Hap	Yell
Shi Sun	Focus of Eyes
Choong Shimm	Balance
Chung Kwan	Fore Fist
Kap Kwan	Back Fist
Soo Do	Knife Hand
Yuk Soo Do	Ridge Hand
Kwan Soo	Spear Hand
Jang Kwan	Heel of Palm
O Rin Jok	Right
Wen Jok	Left

***Terminology  
Continued:***

***Start/Finish Class***

Cha Ryut	Attention
Kuk Gi	Korean Flag
Ba Ro	Return
Ahn Jo	Sit Down
Muk Nyum	Meditation
Sa Bom Nim	Master Instructor
Sun Bae	American Flag
Barae	Salute / Bow to Flags
Shio	Relax (Rest)
Dwee Ro Tora	Turn to the Rear
Bal Cha Gi Choon Be	Kick Stance
Choon Be	Ready Stance
Il Gup Pil Sar	End Conflict With One Blow
Hu Jin	Backwards



***HONOR, RESPECT, COURTESY,  
COURAGE***

# ***Terminology for Rank***



## ***9<sup>th</sup> Gup (White Belt)***

Name of Our Art	Tang Soo Do
Name of Our Association	Traditional Tang Soo Do International
Studio	Do Jang
Instructor	Sa Bom Nim / Kyo Sa Nim
Uniform	Do Bok
Senior Member	Sun Beh
Junior Member	Fu Beh
Thank You	Kamsahm-ahm-nida
Shift	Kyo Dae
Belt	

## ***8<sup>th</sup> Gup (Orange Belt)***

One	Ha Na
Two	Dool
Three	Set
Four	Net
Five	Da Sot
Six	Yo Sot
Seven	Il Gup
Eight	Yo Dol
Nine	A Hop
Ten	Yol

## *7<sup>th</sup> Gup (Orange Belt, One Stripe)*

Basic	Gi Cho (Ki Cho)
Form	Hyung
Sparring	Deh Ryun ( Dare ree un)
Attack	Kong Kyuk
Defense	Mahk Kee (Mah Gi)
Attention	Cha Ryut
Stop	Koman
Bow	Kyung Yet
Begin	Shi Jok
Return	Ba Ro
Kick	Cha Gi

## *6<sup>th</sup> Gup (Green Belt)*

Low Block	Ha Dan Mahk Kee
Middle Punch	Chung Dan Kong Kyuk
High Punch	Sang Dan Kong Kyuk
High Block	Sang Dan Mahk Kee
Inside/Outside Block	Ahneso Phakuro Mah Kee
Outside/Inside Block	Phakeso Ahnuro Mah Kee
Side Punch	Weng Jin Kong Kyuk
Side Block	Chung Dan Yup Mah Kee
Front Stretching Kick	Ahp Podo Oli Ri Gi
Front Snap Kick	Ahp Cha Nut Gi

## *5<sup>th</sup> Gup (Green Belt, One Stripe)*

Side Stance	Sokorip Jase
Low	Ha Dan
Middle	Chung Dan
High	Sang Dan
Front	Ahp
Side	Yup
Back	Dwi
Front Stance	Chul Gul Ja Seh
Horse Riding Stance	Ke Ma Ja Seh
Back Stance	Hu Gul Jase
Side Stretching Kick	Yup Podo Gi
Side Kick	Yup Cha Nut Gi
Roundhouse Kick	Dull Ryo Cha Gi
Back Kick	Dwi Cha Gi
Jumping Front Kick	Edan Ahp Cha Gi

## *4<sup>th</sup> Gup (Green Belt, Two Stripes)*

2 Fist X Low Block	Ssang Soo Ha Dan Mahk Kee
2 Fist Middle Block	Ssang Soo Chung Dan Mahk Kee
2 Fist X High Block	Ssang Soo Sang Dan Mahk Kee
2 Fist Back Stance Block	Ssang Soo Hul Gul Mahk Kee
Low Chop Block	Ha Dan Soo Do Mahk Kee
Middle Chop Block	Chung Dan Soo Do Mahk Kee
High Chop Block	Sang Dan Soo Do Mahk Kee
Spear hand Attack	Kwan Soo Kong Kyuk
Reverse Punch	Yuk Jin Kong Kyuk
Knife Hand Attack	Soo Do Kong Kyuk
Spinning Back Kick	Dull Ryo Dwi Cha Gi
Inside/Outside Kick	Ahneso Phakuro Cha Gi
Outside/Inside Kick	Phakeso Ahnuro Cha Gi
Hook Kick	Yup Gi
Front Push Kick	Ahp Mee Ro Cha Gi
Jump Side Kick	Edan Yup Cha Gi
All Jumping Kicks	Edan (Name of Kick)

## *3rd Gup Red Belt*

Free Sparring	Ja Yu Deh Ryun
Self-Defense	Ho Sin Sul
Breaking	Kyuk Pa
One Step Sparring	Il Soo Sik Deh Ryun
Three Step Sparring	Sam Soo Sik Deh Ryun

## *2nd Gup (Red Belt, One Stripe)*

Meaning of Pyung	Calm, Well Balanced, Peaceful
Meaning of Ahn	Confident, Safe, Comfortable
Meaning of Moo	Stop War , To End Conflict
Meaning of Duk	Way In Which Conflict Is Dissolved - Negotiation, Agreement, War Etc.
Meaning of Kwan	School, Home, Place of Security, Make All Places Feel Safe
Moo Duk Kwan	Virtue
Meaning of Tang	Tang Dynasty of - Time When Martial Arts First Appeared
Meaning of Soo	Knife Hand
Meaning of Do	Way
Tang Soo Do	"Way of the China Hand or "Way of the Knife Hand"
Weh Jung	External Power - Physical Force
Neh Jung	Internal Power - Mental Focus
Shim Jung	Spiritual Power - Spirit, Determination, Etc





## *1<sup>st</sup> Gup (Red Belt, Two Stripes)*

Characteristics of Passai Form

Characteristics of Nihanci Forms

Characteristics of Jin Do Form

Sip Soo

Lo Hai

Kong Sang Koon

Sei Shan

Wang Shu

Ji On

O Sip Sa Bo

Hwa Sun

Chil Sung

Yuk Ro Cho dan

Yuk Ro E Dan

Yuk Ro Sam Dan

Fast, Light, Active, The Snake

Sideways Step Advance, Harder More  
Powerful Form, Heavy Movements, The  
Horse

Advance and Retreat, Very Light Fast  
Form, The Crane

The Bear

The Crane

The Eagle

Praying Mantis

Small Bird

The Ram

The Tiger

Flower, Pure

Seven Star Forms

Du Mun – Great Gate

Joog Jol – Cutting the Center

Po Wol – Embrace the Moon



# *Hyung (Forms) Patterns*



Kicho Hyung IL Bu  
Kicho Hyung Yi Bu  
Kicho Hyung Sambu  
Pyung Ahn  
Cho Dan  
Yi Dan  
Sam Dan  
Sah Dan  
Oh Dan  
Chil Sung  
Il Ro Hyung  
Yi Ro Hyung  
Sam Ro Hyung  
Pasia  
Nehanji Cho Dan

Basic Form One  
Basic Form Two  
Basic Form three  
Peaceful, Confidence  
Form One  
Form Two  
Form Three  
Form Four  
Form Five  
Seven Stars of the Big Dipper  
First Form  
Second Form  
Third Form  
Defend a Fortress  
Horse Riding stance form one



*HONOR, RESPECT, COURTESY,  
COURAGE*

# Testing Requirements.

**Note:** These are minimum requirements and are not intended as the sole basis for promotion. All previous test requirements are included on subsequent tests. All Students should become familiar with the General Terminology as well as those terms identified by rank. The Black Belt test will have a large portion conducted in Korean, students should become familiar with all terms.

**White:  
9<sup>th</sup> Gup**

Bible Verse Phil 4.13 / DoJang Kyun  
5 Responsibilities of the Student  
Principles of Tang Soo Do  
Basic Drills 1 & 2  
One –Steps 1 & 2  
Self Defense: 1 & 2  
Forms: Kicho Hyung Il Bu and Yi Bu

**Orange:  
8<sup>th</sup> Gup**

Bible Verse John 3.16  
Eight Key Concepts  
Basic Drills 1 thru 3  
One-steps: 1 thru 4  
Self Defense: Cross arm grab 1 thru 4  
Forms: Kicho Hyung Yi Bu and Sam Bu

**Orange:  
7<sup>th</sup> Gup**

Bible Verse John 3.17-18  
5 Requirements on Mental Training  
Basic Drills 1 thru 4  
One-steps: 1 thru 6  
Self Defense: 1 thru 6  
Kicho Hyung Sam Bu, Pyung Ahn Cho Dan

**Green:**  
**6<sup>th</sup> Gup**

Bible Verse Eph. 2.8-9  
10 Articles of Faith  
Basic Drills 1 thru 5  
One-steps Fighting 1 thru 8  
Self Defense: 1 thru 8  
Forms: Pyung Ahn Cho Dan, Pyung Ahn Ye dan

**Green:**  
**5<sup>th</sup> Gup**

Bible Verse Luke 11.2-4  
5 Requirements on physical ability  
Basic Drills 1 thru 6  
One-steps: 1 thru 10  
Self Defense:1 thru 10  
Forms: Pyung Ahn Yi Dan and Sam Dan

**Green:**  
**4<sup>th</sup> Gup**

Bible Verse Psalms 23  
10 point of emphasis on physical ability  
Basic Drills 1 thru 7  
One-steps: 1 thru 12  
Self Defense:1 thru 12  
Forms: Pyung Ahn Sam Dan and Sah Dan  
Breaking  
Sparring 2 on 1

**Red:**  
**3<sup>rd</sup> Gup**

Bible Verse 1 Cor. 13.4-7  
5 Requirements on Mental training  
Basic Drillss 1 thru 8  
One-steps: 1 thru 14  
Self Defense: 1 thru 14  
Pyung Ahn Sah Dan and Oh Dan  
Techniques and Terminology  
Focused Kicking  
Breaking  
Sparring

**Red:**  
2<sup>nd</sup> Gup

Bible Verse Rev. 22.1, 22.13, 22.16-17  
11 Points of interest on Mental training  
Basic Drillss 1 thru 9  
One-steps: 1 thru 16  
Self Defense: 1 thru 16  
Forms: Pyung Ahn Oh Dan and Basia  
Focused Kicking  
Techniques and Terminology  
Breaking  
Sparring

**Red:**  
1<sup>st</sup> Gup

Bible Verse EXO. 20.3 "Ten Commandments"  
7 Principles of the School Patch  
Basic Drills 1 thru 10  
One-steps: 1 thru 18  
Self Defense: 1 thru 20  
Forms: Pyung Ahn Oh Dan, Basia,  
Nihanji Cho Dan  
Focused Kicking  
Techniques and Terminology  
Breaking  
Sparring





## ***1<sup>st</sup> Gup and 1<sup>st</sup> Dan Testing Terminology***

### **Korean**

Ha Dan Mahk Kee,  
Chung Gul Jase  
Sang Dan Kong Kyuk,  
Chung Gul Jase  
Choong Dan Kong Kyuk,  
Chung Gul Jase  
Ahneso Pahkuro Mahk Kee,  
Chung Gul Jase  
Wheng Jin Kong Kyuk,  
Keema Jase  
Choong Dan Yup Mahk Kee,  
Hu Gul Jase  
Ha Dan Soo Do Mahk Kee  
Hu Gul Jase  
Choong Dan Soo Do  
Mahk Kee, Hu Gul Jase Stance  
Chun Gul Sang Soo  
Mahk Kee, Chung Gul Jase

### **English**

Low Block , Front Stance  
High Punch, Front Stance  
Middle Punch, Front Stance  
Inside / Outside Block Front Stance  
Side Punch, Horse Stance  
Side Middle Block, Back stance  
Low Knife Hand Block, Back Stance  
Middle Knife Hand Block, Back  
2-Fisted Block, Front Stance

## ***Terminology Continued***

Ha Dan Mahk Kee Tuel Oh, Choong Dan Kong Kyuk, Chung Gul Jase	Low Block, Front Stance Reverse Middle Punch
Sang Dan Mahk Kee, Tuel Oh, Choong Dan Kong Kyuk	High Block, Front Stance Reverse Side, Middle Punch,
Ahp Cha Nut Gi, Tuel Oh, Choong Dan Kong Kyuk	Front Kick, Reverse Side, Middle Punch, Front Stance
Choong Dan Soo Do Mahk Kee, Tuel Oh Kwan Soo Kong Kyuk,	Middle Knife Hand Block, Back Stance, Reverse Side Spear Hand Attack, Front Stance
Ha Dan Mahk Kee Ahneso Pahkuro Mahk Kee, Tuel Oh Choong Dan Kong Kyuk,	Low Block, Front Stance, Inside Outside Block (Same Side), reverse Side Middle Punch
Sang Dan Mahk Kee Oh, Ha Dan Mahk Kee, Wheng Jin Kong Kyuk, Kee Ma Jase	High Block Front Stance, Reverse Tuel Side Low Block, Side Punch in Horse Stance
Wheng Jin Kong Kyuk Hu Jin, Choong Dan Yup Mahk Kee, Kee Ma Jase Hu Gul Jase	Side Punch in Horse Stance, Retreat to Opposite Side Back Stance, Inside outside Block
E Dan Ahp Cha Nut Gi Tuel Oh, Choong Dan Kong Kyuk, Chung Gul Jase	Jump Front Kick, Reverse Side Middle Punch Front Stance