

2ND DEGREE KARA USHIM

가라 유심

Ancient Kara Dynasty – Positive Belief in Thought and Action



#	MOVE	SIDE	STANCE	DIRECTION	SECTION
1	Low Block Palm Heel Support	L/R	Right Back	North	H/L
2	Punch Strike	L/R	Right Back	North	M
3	Punch	R	Left Front	North	H
4	Low Block Palm Heel Support	R/L	Left Back	North	H/L
5	Punch Strike	R/L	Left Back	North	M
6	Punch	L	Right Front	North	H
7	Horizontal Elbow Strike	R	Left Front	North	H
8	Horizontal Elbow Strike	L	Right Front	North	H
9	High Block	L	Left Front	North	H
10	Punch	R	Left Front	North	H
11	Punch	L	Left Front	North	H
12	Punch	R	Left Front	North	H
13	High Block	R	Right Front	South	H
14	Punch	L	Right Front	South	H
15	Punch	R	Right Front	South	H
16	Punch // Kihap //	L	Right Front	South	H
17	Back Leg Round Kick	L		South	M/H
18	Reverse Back Kick	R		South	M/H
19	Twin Palm Heel Strike		Left Back	South	M
20	Punch	L	Right Front	South	H
21	Punch	R	Left Front	North	H
22	Back Leg Round Kick	R		North	M/H
23	Reverse Back Kick	L		North	M/H
24	Twin Palm Heel Strike		Right Back	North	M
25	Punch	R	Left Front	North	H
26	Low Block	R	Middle	East	L
27	Twin Palm Heel Strike		Left Front	East	M
28	Punch	R		East	H
29	Back Leg Outer Crecent Kick	R		East	M/H

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#	MOVE	SIDE	STANCE	DIRECTION	SECTION
30	Back Leg Inner Crescent Kick	R		East	M/H
31	Butterfly Inner Crescent Kick	L		East	H
32	Punch // Kihap //	L	Right Front	West	H
33	Back Leg Outer Crescent Kick	L		West	M/H
34	Back Leg Inner Crescent Kick	L		West	M/H
35	Butterfly Inner Crescent Kick	R		West	H
36	Punch	R	Left Front	East	H
37	Low Block	R	Middle	North	L
38	Back Fist	L	Right Front	North	H
39	Palm Single Finger Strike	L	Right Front	North	H
40	Punch	R	Middle	North	M
41	Punch	L	Middle	North	M
42	Punch	R	Middle	North	M
43	Twin Palm Heel Strike		Middle	North	M
44	Sprawl				
45	Knee Strike	R		North	M
46	Knee Strike	L		North	M
47	Front Leg Round Kick // Kihap //	L		North	M/H
48	Spin Hook Kick	R		North	M/H
49	Punch	L	Middle	South	M
50	Punch	R	Middle	South	M
51	Punch	L	Middle	South	M
52	Twin Palm Heel Strike		Middle	South	M
53	Sprawl			South	
54	Knee Strike	L		South	M
55	Knee Strike	R		South	M
56	Front Leg Round Kick	R		South	M/H
57	Spin Hook Kick	L		South	M/H
58	180° Twin Back Fist // Kihap //		Right Front	South	H



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