

3RD DEGREE SOO-BYUK JOONG DO

슈백 중도

Ancient Hand to Hand Combat – Always Have Balance



#	MOVE	SIDE	STANCE	DIRECTION	SECTION
1	High Low Block Guard		Sparring	North	H/L
2	Horizontal Back Elbow	R	Middle	North West	H
3	Punch	L	Middle	North West	H
4	Back Fist	R	Left Front	North	H
5	Twist Foot Block	R		North	M
6	Repeat Side Kick	R		North	M/H
7	Back Fist	R	Middle	North	H
8	Scooping Inner Forearm Block	R	X	North	H
9	Punch	L	Middle	North	H
10	Punch	R	X	North	H
11	Elbow	R	Middle	North	H
12	Punch // Kihap //	L	Right Front	North	H
13	High Low Block Guard		Sparring	North	H/L
14	Horizontal Back Elbow	L	Middle	North East	H
15	Punch	R	Middle	North East	H
16	Back Fist	L	Front Right	North	H
17	Twist Foot Block	L		North	M
18	Repeat Side Kick	L		North	M/H
19	Back Fist	L	Middle	North	H
20	Scooping Inner Forearm Block	L	X	North	H
21	Punch	R	Middle	North	H
22	Punch	L	X	North	H
23	Elbow	L	Middle	North	H
24	Punch // Kihap //	L	X	North	H
25	180° Outer Crescent Kick	R		North West	M/H
26	Back Leg Round Kick	R		North West	M/H
27	360° Round Kick / Jump	R		North West	M/H
28	Punch	L	Right Front	North West	H
29	180° Outer Crescent Kick	L		North West	M/H



#	MOVE	SIDE	STANCE	DIRECTION	SECTION
30	Back Leg Round Kick	L		North East	M/H
31	360° Round Kick / Jump	L		North East	M/H
32	Punch	R	Left Front	North East	H
33	Fade Back Jump Round Kick	R		North	M/H
34	Fade Back Jump Round Kick	L		North	M/H
35	Jump Reverse Side Kick // Kihap //	R		North	M/H
36	Punch	R		South	H
37	Preparation Guard Block		Left Front	South	H/M
38	Safety Roll Double Knifehand Block		Left Back	South	H
39	Front Foot Front Kick	R		South	M/H
40	Instep Twist Kick	R		South	M/H
41	Back Fist	R	Middle	South	H
42	Double Knifehand Block		Back Right	North	H
43	Front Foot Front Kick	L		North	M/H
44	Instep Twist Kick	L		North	M/H
45	Back Fist	L	Middle	North	M/H
46	Step Up Side Kick	L		North	M/H
47	Spin Hook Kick	R		North	M/H
48	Back Leg Round Kick	R		North	M/H
49	Front Leg Jump Side Kick // Kihap //	R		North	M/H
50	Double Knifehand Block		Left Back	North	H
51	Punch	L	Right Front	North	H

