

4TH DEGREE BALKPA DAEHAE

백파 대해

Heart as Big as a Vast Ocean Wave, its Size and Power Engulfs All in its Way







IK-JAE GONG-PA / GSHIM TAEKWONDO / 4¹¹¹DEGREE BLACK BELT

MOVE SIDE **STANCE DIRECTION SECTION** 1 Twin Palm Heel Strike Right Back North Н 2 Punch R **Left Front** North Н 3 Horizontal Elbow Strike R Middle South Н North 4 180° Outer Crescent Kick R M/H 5 Sweep Kick // Kihap // R North L 6 **Scissor Sweep** North L 7 **Double Knifehand Block** Right Back North Н **Back Leg Front Kick** 8 R North M/H 9 **Back Leg Round Kick** L North M/H 10 Punch R **Left Front** North Н **High Low Guard North West** 11 Right Fighting **Left Front** 12 Punch North West R Н **Back Leg Round Kick** M/H 13 R North West 14 Punch **Left Front** North West R Н **High Low Guard Left Fighting** 15 North East Punch **Right Front** 16 L **North East Back Leg Round Kick** M/H 17 L North East 18 Punch L **North East** Н Superman Punch/Side Kick // Kihap // 19 R North South Н 20 **Knee Strike** R North L/M 21 **Knee Strike** L North L/M **Back Leg Round Kick** 22 R North M/H 23 **Horizontal Elbow** R Middle North M Middle 24 180° Horizontal Elbow Strike L North M Front Leg Side Kick 25 L North M/H Punch **Left Front** 26 R North Н Rising Elbow - Punch **Right Front** 27 L South Н

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L

R

South

South

L/M

M/H

28

29

Knee Strike

Knee Strike





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| # | MOVE | SIDE | STANCE | DIRECTION | SECTION |
|----|------------------------------------|------|-------------|-----------|---------|
| 30 | Back Leg Round Kick | L | | South | M/H |
| 31 | Horizontal Elbow | L | Middle | South | М |
| 32 | 180° Horizontal Elbow Strike | R | Middle | South | М |
| 33 | Front Leg Side Kick // Kihap // | R | | South | M/H |
| 34 | Punch | L | Right Front | South | Н |
| 35 | 180° Double Knifehand Block | | Right Back | North | Н |
| 36 | Jump Fake Axe Kick - Side Kick | R | | North | M/H |
| 37 | Scissor Sweep | R | | North | L |
| 38 | Side Kick | R | | North | М |
| 39 | Double Knifehand Block | | Left Back | North | Н |
| 40 | Shaffle Back Hook Kick // Kihap // | R | | North | M/H |
| 41 | Shaffle Back Hook Kick | L | | South | M/H |
| 42 | Punch | R | Left Front | South | Н |
| 43 | Rising Elbow - Punch | L | Left Front | North | Н |
| 44 | Step Jump Spin Hook Kick | R | | North | M/H |
| 45 | Punch | R | Left Front | North | Н |
| 46 | Step Jump Spin Hook Kick | L | | North | M/H |
| 47 | Punch | L | Right Front | North | Н |
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