

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 / BALKPA-DAEHAE 4TH DEGREE BLACK BELT

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

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