

5TH DEGREE SAM-BURLL DO-CHUN

삼별 도전

Three Military Divisions of Special Forces – Challenge



#	TECHNIQUE	SIDE	STANCE		SECTION
1	Twin Inner Forearm Block	L	Middle		H
2	Double Inner High/Low Block	L & R	--		H/L
3	Double Inner High/Low Block	L & R	--		H/L
4	Supported Elbow Strike	L	Middle		H
5	Reverse Punch	R	Front		H
6	X - Block	R	Back		H
7	Reverse Punch	L	Front		H
8	Reverse Punch	R	Front		M
9	Upset Knifehand	R	Front		H
10	Elbow Strike	R	Middle		
11	Reverse Punch	L	Front		M
12	Twin Palm Heel	L/R	Front		M/H
13	Twin Palm Heel	L/R	Front		M/H
14	Pushing Palm Heel	L/R	Front		H
15	Reverse Punch	L	Front		H
16	Punch	R	Front		H
17	Reverse Punch (Kihap)	L	Front		H
18	Low Block	R	X		L
19	Side Kick	R	--		M/H
20	Elbow	L	Middle		H
21	Palm Heel Strike	R	Middle		M
22	Side Kick	L	--		M/H
23	Elbow	R	Middle		H
24	Ankle Grab	L/R	Front		--
25	Front Kick	R	--		M
26	Front Kick	L	--		M
27	Side Kick	R	--		L
28	Side Kick Kihap	R			L
29	Punch	L	Middle		L



#	TECHNIQUE	SIDE	STANCE		SECTION
30	Punch	R	Middle		L
31	Punch	L	Middle		L
32	Foot Block	R	--		L
33	Punch	R	Middle		L
34	Punch	L	Middle		L
35	Punch	R	Middle		L
36	Back Fist	R	One Knee		M
37	Back Fist	R	One Knee		M
38	Side Kick	R	One Knee		M/H
39	Side Kick	R	One Knee		M/H
40	Double Knifehand Block	R	One Knee		M
41	Break Fall	L/R	--		L
42	Up Kick	R	--		H
43	Double Knifehand Block // Kihap //	R	Back		H
44	Front Kick Step Together	R	--		M/H
45	Reverse Punch	L	Front		M
46	Vertical Block	R	Middle		H
47	Vertical Block	L	Middle		H
48	Takedown	L	--		--
49	Punch	L	Middle		L
50	Punch	R	Middle		L
51	Punch	L	Middle		L
52	Vertical Block	L	Middle		H
53	Vertical Block	R	Middle		H
54	Takedown		--		--
55	Punch	R	Middle		L
56	Punch	L	Middle		L
57	Punch	R	Middle		L
58	Twin Inner forearm Block	L/R	Middle		H



[illegible]