

GSHIM 4

#	Move	Side	Stance	Direction	Section
1	Twin palm heel strike		Right Back	North	M
2	Punch	R	Left Front	North	H
3	Back fist	R	Left Diagonal Front	North	H
4	Side kick	R		North	M/H
5	Punch	L	Right Front	North	H
6	Knifehand strike	L	Right Diagonal Front	North	H
7	Round kick	L		North	M/H
8	Punch //Kihap//	R	Left Front	North	H
9	Twin palm heel strike		Left Back	East	M
10	Punch	L	Right Front	East	H
11	Back fist	L	Right Diagonal Front	East	H
12	Back fist	L	Right Diagonal Front	East	H
13	Round kick	L		East	M/H
14	Side kick	L		East	M/H
15	Punch	R	Left Front	East	H
16	Knifehand strike	R	Left Diagonal Front	East	H
17	Knifehand strike	R	Left Diagonal Front	East	H
18	Hook kick	R		East	M/H
19	Round kick	R		East	M/H
20	Punch //Kihap//	L	Right Front	East	H
21	Twin palm heel strike		Right Back	West	M
22	Punch	R	Left Front	West	H
23	Back fist	R	Left Diagonal Front	West	H
24	Back fist	R	Left Diagonal Front	West	H
25	Hook kick	R		West	M/H
26	Round kick	R		West	M/H
27	Side kick	R		West	M/H
28	Punch	L	Right Front	West	H
29	Knifehand strike	L	Right Diagonal Front	West	H
30	Knifehand strike	L	Right Diagonal Front	West	H
31	Round kick	L		West	M/H
32	Hook kick	L		West	M/H
33	Round kick	L		West	M/H
34	Punch //Kihap//	R	Left Front	West	H