

GSHIM 3

#	Move	Side	Stance	Direction	Section
1	Palm X block	R	Left Front	North	L
2	Elbow strike	R	Left Front	North	L
3	Palm X block	R	Left Front	North	L
4	Knee strike	R		North	M
5	Jump front kick	R		North	M/H
6	Punch	L	Right Front	North	H
7	Punch	R	Right Front	North	H
8	Punch	L	Right Front	North	H
9	Step reverse side kick	R		North	M/H
10	Punch	L	Right Front	North	H
11	Punch	R	Right Front	North	H
12	Punch	L	Right Front	North	H
13	Horizontal elbow strike	L	Middle	South	H
14	Front elbow strike //Kihap//	R	Front Left	South	H
15	Palm X block	L	Right Front	South	L
16	Elbow strike	L	Right Front	South	L
17	Palm X block	L	Right Front	South	L
18	Knee strike	L		South	M
19	Jump front kick	L		South	M/H
20	Punch	R	Left Front	South	H
21	Punch	L	Left Front	South	H
22	Punch	R	Left Front	South	H
23	Step reverse side kick	L		South	M/H
24	Punch	R	Left Front	South	H
25	Punch	L	Left Front	South	H
26	Punch	R	Left Front	South	H
27	Horizontal elbow strike	R	Middle	North	H
28	Front elbow strike //Kihap//	L	Front Right	North	H