

New England Tae Kwon Do, Inc

Shawn Mackisey
Chief Instructor

1. Stepping forward with left foot, back stance knife hand guarding block, step back, knife hand guarding block; front turning kick.
2. Stepping forward with right foot, back stance knife hand guarding block, step back knife hand guarding block; flat spear finger attack.
3. Left foot forward stance rising block, step back forward stance rising block reverse punch.
4. Left foot forward stance two arm block, stepping back two arm block, twin upset punch, twin knuckle attack.
5. Left foot forward stance, outer forearm block; stepping back forward stance spear finger attack.
6. Left foot crescent kick landing in a side riding stance; left foot inside crescent kick; back turning kick.
7. Right foot inside crescent kick to a side riding stance; right foot outside crescent kick; spinning back palm block; front snap kick, back turning kick.
8. Back stance palm block; stepping back palm block; front snap kick; back turning kick.
9. Right leg inside crescent kick; left foot inside crescent kick; back hooking kick.
10. Right foot side riding stance right out forearm block; step back riding stance, outer forearm block; right elbow attack; spinning elbow attack.

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