

4th Kup Grading – JOONG-GUN



6 MIDDLE PUNCH SITTING STANCE	5 MIDDLE PUNCH SITTING STANCE	4 FOCUS PUNCH SITTING STANCE	START PARALLEL STANCE	1 FOCUS PUNCH SITTING STANCE	2 MIDDLE PUNCH SITTING STANCE	3 MIDDLE PUNCH SITTING STANCE	37 HIGH DOUBLE FOREARM BLOCK WALKING STANCE	36 HIGH BACKFIST SIDE STRIKE X STANCE	38 HIGH DOUBLE FOREARM BLOCK WALKING STANCE
			8 HIGH INNER FOREARM BLOCK WALKING STANCE	7 HIGH INNER FOREARM BLOCK WALKING STANCE	11 HIGH INNER FOREARM BLOCK WALKING STANCE	12 LOW FRONT SNAP KICK WALKING STANCE	34 HIGH OUTER FOREARM BLOCK WALKING STANCE	35 MIDDLE PUNCH WALKING STANCE	
10 MIDDLE PUNCH WALKING STANCE	9 MIDDLE PUNCH WALKING STANCE	15 HOOKING BLOCK WALKING STANCE	16 HOOKING BLOCK WALKING STANCE	17 MIDDLE PUNCH WALKING STANCE	13 MIDDLE PUNCH WALKING STANCE	14 MIDDLE PUNCH WALKING STANCE	32 HIGH OUTER FOREARM BLOCK WALKING STANCE	33 MIDDLE PUNCH WALKING STANCE	
			18 HOOKING BLOCK WALKING STANCE	19 HOOKING BLOCK WALKING STANCE	20 MIDDLE PUNCH WALKING STANCE	21 MIDDLE PUNCH WALKING STANCE	25 STRAIGHT FINGERTIP THRUST WALKING STANCE	26 TWN KNIFEHAND BLOCK L STANCE	27 BENDING READY STANCE WALKING STANCE
			22 STRAIGHT FINGERTIP THRUST WALKING STANCE	23 TWN KNIFEHAND BLOCK L STANCE	24 BENDING READY STANCE WALKING STANCE	28 MIDDLE SIDE KICK WALKING STANCE	29 ELBOW STRIKE TO PALM WALKING STANCE	30 ELBOW STRIKE TO PALM L STANCE	31 TWIN KNIFEHAND BLOCK WALKING STANCE