

TO-SAN Hyung

3rd Form

2/1/2015

HOFB = high outer forearm block MLGP = middle lunge punch MGKB = guarding knife-hand block MSPS = middle spear-hand strike
HSBS = high side back-hand strike HWDB = high wedging outer forearm block MFSK = middle front snap kick MRVP = middle reverse punch
HRFB = high rising forearm block MSKS = middle knife-hand side strike #15 & #19 spot with opposite side hand than kick
#5 is a back stance; #23 and #24 are horse stances; all others are front stances

★ = Kiai

➡ Perform #15 & #16, and #19 and #20 in a fast motion. ♣ = move right foot left to END

