	LOMA Defe							notes	
	Technique	Notes	Date						
1	Whojin Roundhouse	vs rear leg round closed stance	reps time						
•		vs rear leg round	reps						
2	Cover Punch A	closed stance	time						
		vs skipping round	reps						
3	Cover Punch B	closed stance	time						
		vs rear leg round	reps						
4	Interrupting Side Kick	open stance	time						
		vs rear leg round	reps						
5	Padduh Chagi	closed stance	time						
		vs rear leg round	reps						
6	Blending Spin Side	open stance	time						
		vs rear leg round	reps						
7	Blending Spin Hook	open stance	time						
		vs rear leg round	reps						
8	Whojin 360	closed stance	time						
		vs whojin round	reps						
	Axe, Whojin, double	closed stance	time						
	Whojin, Rh,	rlrh, whojin, spinside	reps	ļ					
	Whojin, 360, double	open stance	time						