

POOMSE: JOON-GUP IL-JANG

On certain motions when changing directions your feet must first come together. This will happen by sliding your left foot to your right foot (* denotes this motion) or by sliding your right foot to your left foot (** denotes this motion).



4) Step forward front stance left hand face poke



3) 180° turn right pivot on left foot back stance knifehand block



Ready Stance



1) 90° turn left back stance double open hand face block



2) Step forward front stance open hand face block inside neck hit



5) 90° turn left pivot on right foot back stance knifehand block



6) Look backward and right leg low side kick



7) ** Return forward step into back stance knifehand block



8) Right leg step turning jumping side kick



9) Land in back stance knifehand block



12) Right knee hit Ki-hap



11) Left foot steps out front stance shoulder grab



10) 270° turn left back stance open hand low block



13) ** 180° turn left pivot on right foot front stance ridgehand strike



14) Right leg Round house kick



15) Left leg back kick



16) * Facing opposite direction back stance sparring motion



22) Step forward front stance body thrust Ki-hap



21) Step left foot in to make back stance low block back fist



20) Step forward front stance low thrust



19) 360° jump spin to the left land in back stance knifehand block



18) * 90° turn right back stance staff block



17) Left leg round house kick



27)Left leg side kick



26)Right leg back kick towards back



23)270⁰ turn left pivot on right foot front stance reinforced body block



24)Step forward horse stance reinforced inside body block



25)Right hand backfist



Right leg up Finish Position



31)Left hand body punch



30)*180⁰ turn right pivot on left foot front stance face block



28)*Step forward back stance slow X block



29)Step forward front stance double upper palm press