

POOMSE: JOON-GUP YE-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).



Ready Stance



1) Step forward front stance right hand slow uppercut punch



2) Step forward front stance left hand slow uppercut punch



3) *Step forward front stance right open hand high block



4) Step backward back stance double knifehand low block



5) **Step forward front stance left open hand high block



6) Step backward back stance double knifehand low block



13) Left leg middle side kick



12) Left leg low side kick



11) *Intermediate ready position



10) Step forward front stance left upper palm press



9) 180° turn left pivot on right foot front stance right upper palm press



8) Step forward cat stance double knifehand high block



7) Step forward cat stance double knifehand high block



15) *Standing position hammer fist



14) Land in back stance closed hand inside neck hit



16) Right leg low side kick



17) Right leg middle side kick



18) Land in back stance closed hand inside neck hit



19) **Standing position hammer fist



20) Step forward front stance right down palm press



21) Step forward front stance left down palm press



22) 180° turn right pivot on left foot horse stance back fist



23) Right foot steps out front stance reinforced middle block



24) Hop back with both feet front stance left hand low block



25) Right hand face poke



26)180° turn left
horse stance
back fist



27)Left foot
steps out
front stance
reinforced
middle block



28)Hop back
with both feet
front stance
right hand
low block



29)Left hand
face poke



30)Step forward
front stance
double fist
face punch



31)90° turn left
pivot on right foot
front stance
double uppercut
punch to body



32)Right leg
front kick



33)**180° turn right
pivot on right foot
back stance
double knifehand
body block



34)Step forward
front stance
body punch



35)Step forward
front stance
double uppercut
punch to body



36)Left leg
front kick



37)*180° turn left
pivot on left foot
back stance
double knifehand
body block



38)Step forward
front stance
body punch



Right leg up to
Finish Position