

POOMSE: KI-BON IL-JANG



4) Step forward front stance body punch



3) 180° turn right pivot on left foot front stance down block



Ready Stance



1) 90° turn left pivot on right foot front stance down block



2) Step forward front stance body punch



9) Step forward front stance body punch Ki-hap



8) Step forward front stance body punch



7) 180° turn right pivot on left foot front stance down block



5) 90° turn left pivot on right foot front stance down block



6) Step forward front stance body punch



10) 270° turn left pivot on right foot back stance outside body block



11) Step forward front stance body punch



13) Step forward front stance body punch



12) 180° turn right pivot on left foot back stance outside body block



Left leg up to Finish Position



19) Step backward front stance body punch



18) Step backward front stance body punch



14) 90° turn left pivot on right foot front stance down block



15) Step forward front stance body punch



16) Step forward front stance body punch



17) Step forward front stance body punch Ki-hap