

POOMSE: KI-BON SAM-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)Body punch



3)*180⁰ turn right
pivot on left foot
front stance
forearm block



Ready Stance



1)90⁰ turn left
pivot on right foot
front stance
forearm block



2)Body punch



10)Body punch



9)270⁰ turn left
pivot on right foot
front stance fore-
arm block



8)Step forward
front stance
back fist



7)Full turn left
pivot on right foot
step forward
front stance
back fist



6)Step forward
front stance
body thrust
Ki-hap



5)**90⁰ turn left
step forward
back stance
double knifehand
body block



16)Body punch



15)Land in
front stance
body punch



14)Front kick



13)**135⁰ turn left
pivot on right foot
front stance
choke block



11)*180⁰ turn right
pivot on left foot
front stance fore-
arm block



12)Body punch



17)**90⁰ turn right
pivot on left foot
front stance
choke block



18)Front kick



19)Land in
front stance
body punch



20)Body punch



21)*45° turn left
pivot on right foot
front stance
face block



22)Step forward
front stance
face block
Ki-hap



Right foot up to
Finish Position



24)*180° turn right
step into
horse stance
knifehand strike



23)270° turn left
horse stance
knifehand strike