

POOMSE: KUM-GANG



Ready Stance



1) Step forward left leg front stance double outside body block



2) Step forward front stance right hand palm heel strike



3) Step forward front stance left hand palm heel strike



4) Step forward front stance right hand palm heel strike



5) Step backward back stance left hand inside neck hit



6) Step backward back stance right hand inside neck hit



7) Step backward back stance left hand inside neck hit



8) 90° turn left bring left foot up crane stance face/low block



9) Left foot lands in horse stance right hand inner body punch



10) 360° turn left stepping right leg in front of left leg inner body punch



11) 90° turn left pivoting on left foot horse stance mountain block Ki-hap



12) 180° turn right pivot on right foot horse stance double outside body block



13) Sliding right leg in double low block



14) 180° turn right pivoting on right foot horse stance mountain block



20) 360° turn right stepping left leg in front of right leg inner body punch



19) Right foot lands in horse stance left hand inner body punch



18) Bring right foot up crane stance face/low block



17) 360° turn right stepping left leg in front of right leg inner body punch



16) Right foot lands in horse stance left hand inner body punch



15) Turn to the right bring right foot up pivot on left foot crane stance face/low block



21)90° turn right
pivot on right foot
horse stance
mountain block
Ki-hap



22)180° turn left
pivot on left foot
horse stance
double outside
body block



23)Sliding left
leg in
double
low block



24)180° turn left
pivot on left foot
horse stance
mountain block



25)Turn to the left
bring left foot up
pivot on right foot
crane stance
face/low block



26)Left foot lands in
horse stance
right hand
inner body punch



27)360° turn left
stepping right leg
in front of left leg
inner body punch



Left foot up to
Finish Position