

Beginner Phase Cycle One - Poomse: **BON IL-JANG**



Begin at
Ready Stance



1) Turn left
Left arm
Face block
Front stance



2) Step forward
Right arm
Body punch
Front stance



3) Turn to the right
Right arm
Face block
Front Stance



4) Step forward
Left arm
Body punch
Front stance



5) Face forward
Left arm
Down block
Front stance



6) Step forward
Right arm
Face block
Front stance



7) Step forward
Left arm
Face block
Front stance



8) Step forward
Right arm
Body punch
Front stance - Ki hap



9) Step Backward
Left arm
Body Block
Back Stance



10) Step Backward
Right arm
Body Block
Back Stance



11) Turn left
Left arm
Face block
Front stance



12) Step forward
Right arm
Face punch
Front stance



13) Turn to the right
Right arm
Face block
Front Stance



14) Step forward
Left arm
Face punch
Front stance



15) Face forward
Left arm
Down block
Front stance



16) Right arm
Right hand
Reverse face punch
Ki hap



Left leg
steps back into
Finish Position