

Beginner Phase Cycle Three - Poomse: **BON SAM-JANG**



Begin at
Ready Stance



1) Step forward
Left arm
Down block
Front stance



2) Choke Block
Front stance



3) Step forward
Right hand
Neck Hit
Front stance



4) Step forward
Left hand
Neck Hit
Front stance



5) Turn to the right
Right arm
Outside body block
Front stance



6) Left hand
Palm Hit
Front stance



7) Turn to the left
Left arm
Outside body block
Front stance



8) Right hand
Palm Hit
Front stance
Ki hap



9) Turn to the front
Right arm
Down block
Front stance



10) Choke Block
Front Stance



11) Step forward
Left hand
Neck Hit
Front stance



12) Step forward
Right hand
Neck Hit
Front stance



13) Turn to the left
Left arm
Outside body block
Front Stance



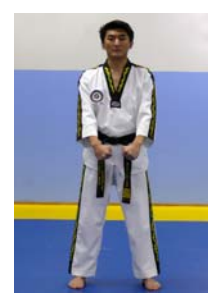
14) Right leg
Front kick
Land in back



15) Turn to the right
Right arm
Outside body block
Front stance



16) Left leg
Front kick
Ki hap



Left leg
steps back into
Finish Position