

# POOMSE: KI-BON CHIL-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).



6)\*\*90° turn left standing position double front block

5)Right leg step out into front stance pivot on left foot low poke

4)90° turn right back stance outside body block

Ready Stance

1)90° turn left back stance outside body block

2)Left leg step out into front stance pivot on right foot low poke

3)\*90° turn right standing position double front block



7)Step forward front stance kick block

8)Double face punch

9)Right leg front kick

10)Land in front stance right hand body punch

11)Left hand body punch

12)\*90° turn left intermediate ready stance

13)90° turn left pivot on left foot horse stance mountain block



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

15)180° turn right pivot on right foot horse stance mountain block

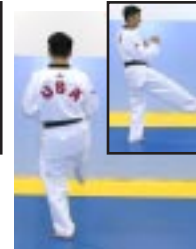
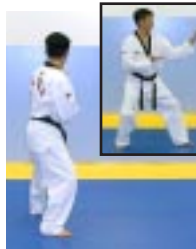
16)180° turn left pivot on left foot horse stance mountain block

17)180° turn right pivot on right foot horse stance mountain block

18)180° turn right pivot on right foot horse stance mountain block

19)\*\*Step forward back stance reinforced low outside body block

20)Left leg step out into front stance pivot on right foot shoulder grab



21)Right knee hit Ki-hap

22)\*\*180° turn left pivot on right foot back stance knifehand block

23)Left leg low front kick

24)Land in front stance left hand face poke

25)Step forward back stance knifehand block

26)Right leg low front kick

27)Land in front stance right hand face poke



28) Step back with right foot into back stance  
low block/backfist



29) 90° turn left  
jump off left foot  
kick block  
Ki-hap



30) 90° turn right  
pivot on left foot  
front stance  
reinforced high block



31) \*\*270° turn left  
pivot on right foot  
back stance  
open hand low hit



32) Left leg step out into front stance  
pivot on right foot  
outside body block



33) \*180° turn right  
back stance  
open hand low hit



34) Right leg step out into front stance  
pivot on left foot  
outside body block



35) Pivot both feet to left  
right arm  
windmill block



36) Pivot both feet to right  
left arm  
windmill block



37) Right foot steps into horse stance  
right body punch



Right foot up to Finish Position