

# POOMSE: KI-BON OH-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)Body punch



5)Body punch



4)\*Step right foot out  
horse stance  
slow body punch



Ready Stance



1)Step left foot out  
horse stance  
slow body punch



2)Body punch



3)Body punch



10)Body punch



9)Land in  
front stance  
body punch



8)Front kick



7)\*\*45° turn right  
pivot on left foot  
front stance  
outside body block



11)\*90° turn left  
pivot on right foot  
front stance  
outside body block



12)Front kick



13)Land in  
front stance  
body punch



14)Body punch



15)\*\*45° turn right  
pivot on left foot  
front stance  
slow knifehand block



16)Slow knifehand  
block



17)Body punch



18)Step forward  
front stance  
slow knifehand block



19)Slow knifehand  
block



20)Body punch



21)Step forward front stance body punch Ki-hap



22)Side kick



23)Land in front stance right elbow smash



24)180° turn right side kick



25)Land in front stance left elbow smash



27)Step forward front stance body thrust



26)\*90° turn left back stance double open hand face block



28)180° turn right pivot on left foot back stance double open hand face block



29)Step forward front stance body thrust



30)\*90° turn left pivot on right foot front stance forearm block

31)Body punch



Right foot up Finish Position



36)\*180° turn right back stance double face block



35)180° turn left pivot on right foot back stance double face block



34)Step and jump off left foot 90° turn left land in kick block Ki-hap



33)Body punch



32)Step forward front stance forearm block