

POOMSE: KI-BON PAL-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).



Ready Stance



1) Left foot steps out
horse stance
palm heel strike



2) Right hand body punch



3) Left hand body punch



4) 90° turn right
keep left foot still
back stance
double face block



5) Left hand inside hammer hit



6) ** Return to back stance
body punch



7) ** Knifehand strike down



8) Pivot on both feet
step into front stance
body punch



9) * 90° turn left
pivot on right foot
front stance
down block



10) Step forward
front stance
right hand body punch



11) Slide left foot up into
side cat stance
ready position



12) Right leg side kick



13) Land in back stance
knifehand strike



14) Step forward
front stance
body punch



15) Step forward
front stance
body punch
Ki-hap



16) 270° turn left
pivot on right foot
back stance
knifehand block



17) Step forward
front stance
body thrust



18) 180° turn right
pivot on left foot
back stance
knifehand block



19) Left leg roundhouse kick



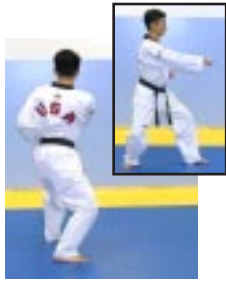
20) Right leg roundhouse kick



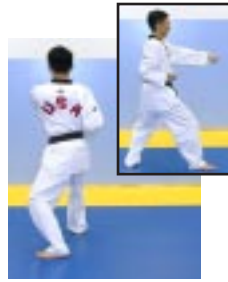
21) Land in back stance
knifehand block



22)*90° turn left
front stance
down block



23)Slide left leg in
back stance
right hand
body punch



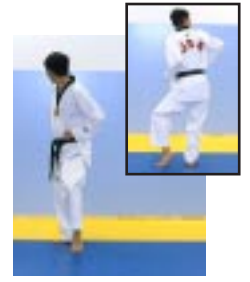
24)Step forward
back stance
left hand
body punch



25)Step forward
back stance
right hand
body punch



26)Left leg steps
out into
front stance
kick block



27)Turn left
pivot on left foot
cat stance
elbow hit, Ki-hap



28)180° turn left
pivot on right foot
right scissors block



29)Left scissors
block



30)Step forward
front stance
double knifehand
body block



31)*180° turn right
back stance
double knifehand
body block



Right foot up
Finish Position