

POOMSE: KI-BON SA-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)Right foot steps into horse stance body punch



5)Inside neck hit



4)*180° turn right step forward back stance double face block



Ready Stance



1)90° turn left step forward back stance double face block



2)Inside neck hit



3)Left foot steps into horse stance body punch



7)**Side kick



8)Land in back stance knifehand body block



9)Step forward back stance knifehand body block



10)Step forward back stance knifehand body block



11)Step forward front stance body thrust Ki-hap



14)Left foot steps into horse stance body punch



13)Inside neck hit



12)270° turn left pivot on right foot back stance double face block



15)*180° turn right step forward back stance double face block



16)Inside neck hit



17)Right foot steps into horse stance body punch



24)Left hand body punch



23)Land in front stance right hand body punch



22)Front kick



21)Left arm outside body block



20)Land in front stance left hand body punch



19)Front kick



18)**Step forward front stance right arm outside body block



Right foot up to
Finish Position



27)*180° turn right
step forward
back stance
sparring motion



25)Side kick**
Ki-hap



26)270° turn left
pivot on right foot
back stance
sparring motion