

# POOMSE: KI-BON YUKE-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) Step forward  
cat stance  
lift block



5) Front leg  
front kick



4) 180° turn right  
pivot on left foot  
back stance  
ridgehand strike



Ready Position



1) 90° turn left  
back stance  
ridgehand strike



2) Front leg  
front kick



3) Step forward  
cat stance  
lift block



7) 90° turn left  
back stance  
double knifehand  
body block



8) Left foot steps out  
pivot on right foot  
front stance  
upper elbow hit



9) Step forward  
back stance  
double knifehand  
body block



10) Right foot steps out  
pivot on left foot  
front stance  
upper elbow hit



11) Step forward  
front stance  
double temple hit



12) Step forward  
front stance  
double upper cut  
Ki-hap



15) Left foot steps out  
pivot on right foot  
front stance  
face punch



14) 90° turn left  
back stance  
back fist



13) Turn 180° left  
pivot on right foot  
front stance  
high stick block



16) 180° turn right  
back stance  
back fist



17) Right foot steps out  
pivot on left foot  
front stance  
face punch



18) 90° turn left  
side kick



19) Land in  
front stance  
reinforced  
middle block



20) Left foot  
steps in  
back stance  
body punch



21) Side kick



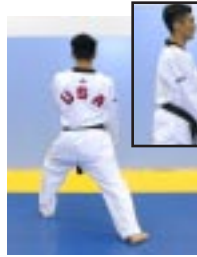
22) Land in  
front stance  
reinforced  
middle block



23) Right foot  
steps in  
back stance  
body punch



24) Step forward  
back stance  
sparring motion



25) Left foot  
steps out  
front stance  
double palm press



26) Step forward  
back stance  
sparring motion



27) Right foot  
steps out  
front stance  
double palm press



28)\* Left palm  
measure



Right foot up  
Finish Position



31)\* 180° turn right  
back stance  
staff block



29) 180° turn left  
inner body punch  
Ki-hap



30) 90° turn left  
back stance  
staff block