

Kicho Il Jang



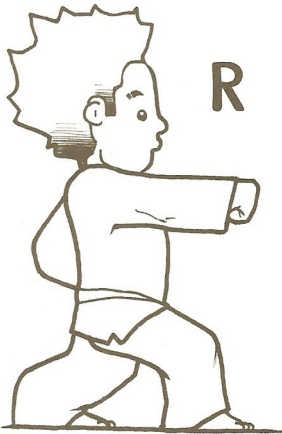


Joon-Bi



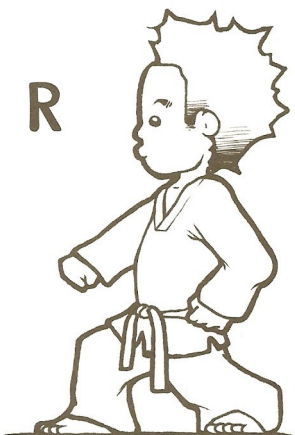
Step #1 Left Low Block

Drop the left foot back diagonally, pivot to the left into a left front stance and execute a left low block.



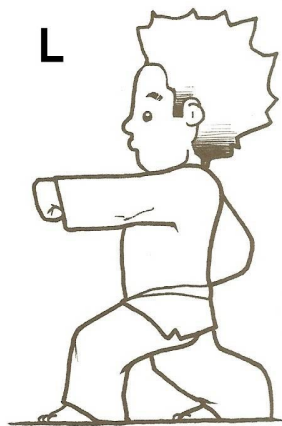
Step #2 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.



Step #3 Right Low Block

Moving the right foot, turn 180 degrees to the right into a right front stance. Execute a right low block.



Step #4 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.



Step #5 Left Low Block

Moving the left foot, turn 90 degrees to the left into a left front stance. Execute a left low block.



Step #6 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.



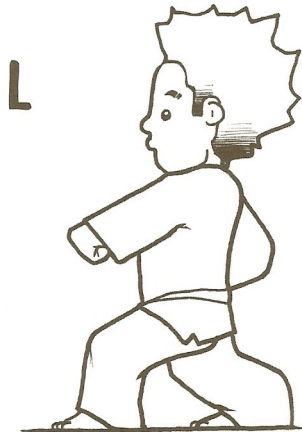
Step #7 Left Regular Punch

Step forward into a left front stance and execute a left regular punch



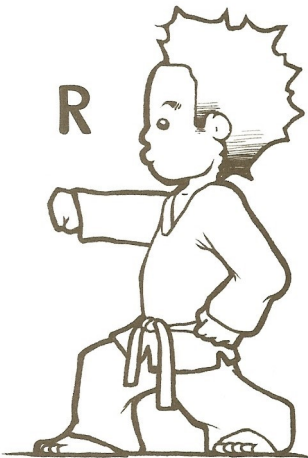
Step #8 Right Regular Punch

Step forward into a right front stance and execute a right regular punch and **Kihap**.



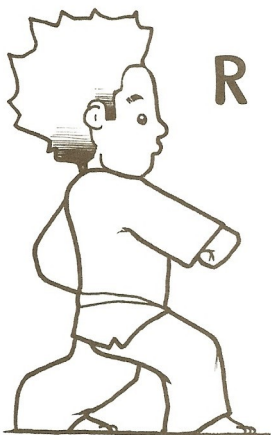
Step #9 Left Low Block

Moving the left foot, turn 270 degrees to the left into a left front stance. Execute a left low block.



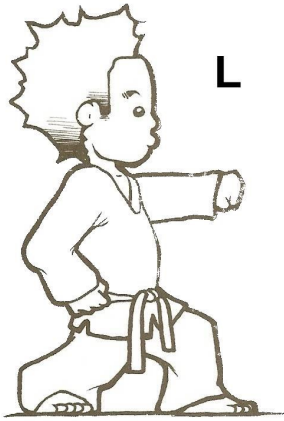
Step #10 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.



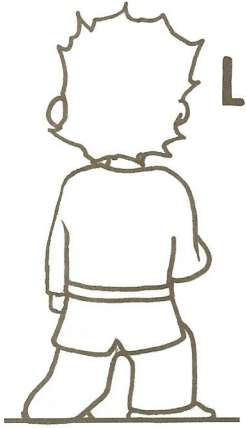
Step #11 Right Low Block

Moving the right foot, turn 180 degrees to the right into a right front stance. Execute a right low block.



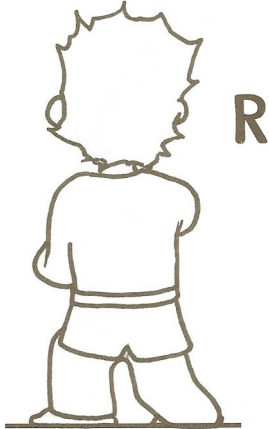
Step #12 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.



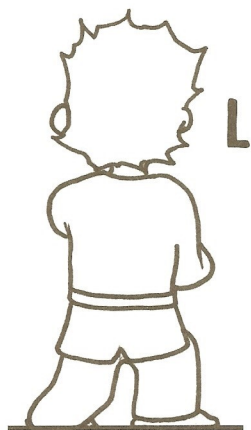
Step #13 Left Low Block

Moving the left foot, turn 90 degrees to the left into a left front stance. Execute a left low block.



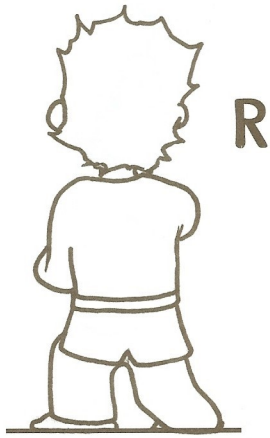
Step #14 Right Regular Punch

Step forward into a right front stance and execute a right regular punch.



Step #15 Left Regular Punch

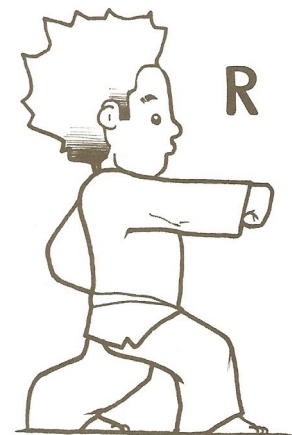
Step forward into a left front stance and execute a left regular punch.



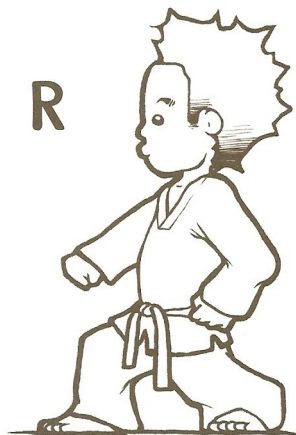
Step #16 Right Regular Punch
Step forward into a right front stance and execute a right regular punch and **Kihap**.



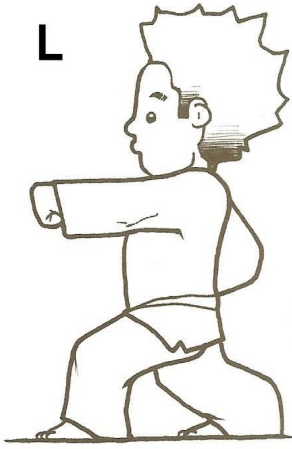
Step #17 Left Low Block
Moving the left foot, turn 270 degrees to the left into a left front stance. Execute a left low block.



Step #18 Right Regular Punch
Step forward into a right front stance and execute a right regular punch.



Step #19 Right Low Block
Moving the right foot, turn 180 degrees to the right into a right front stance. Execute a right low block.



Step #20 Left Regular Punch

Step forward into a left front stance and execute a left regular punch.



Return to Joon-Bi