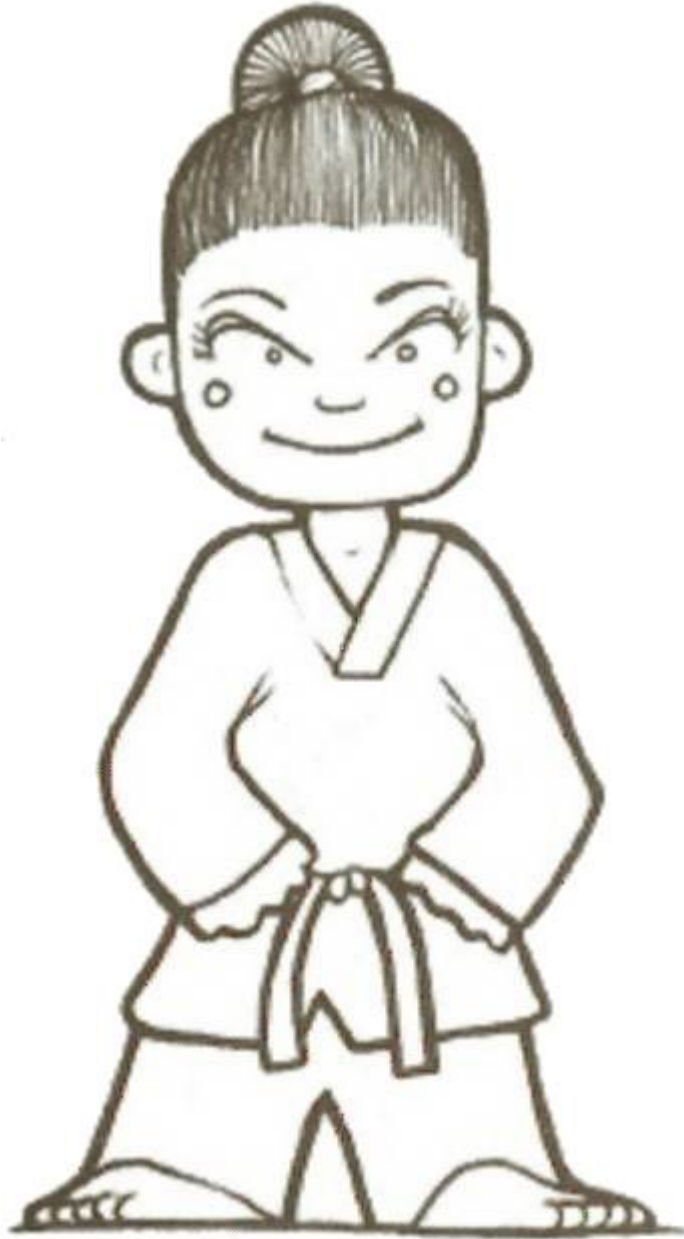


Kicho Sam Jang





Joon-Bi

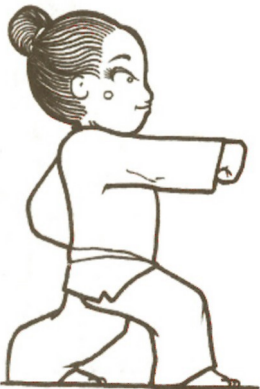
Step #1 Left High Block

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



Step #2 Right Regular Punch

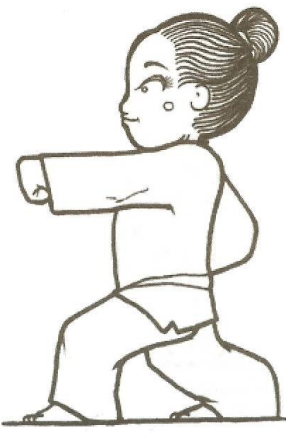
Step forward into a right front stance and execute a right regular punch.



Step #3 Right High Block

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





Step #4 Left Regular Punch

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



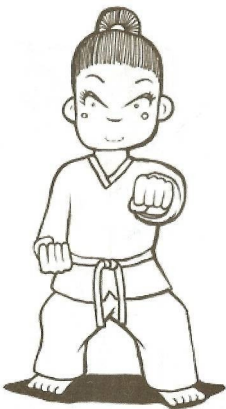
Step #5 Left Low Block

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



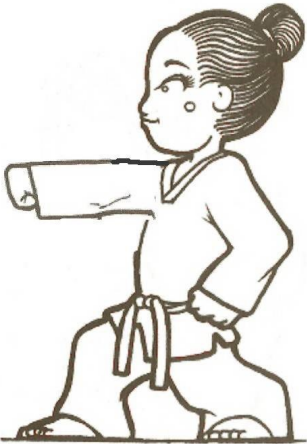
Step #8 Right Regular Punch

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



Step #9 Left High Block

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



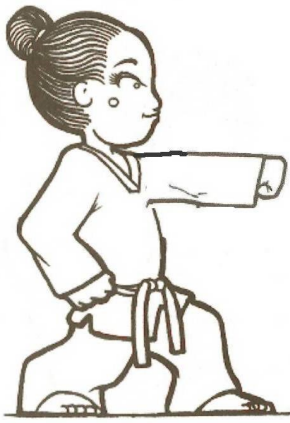
Step #10 Right Regular Punch

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



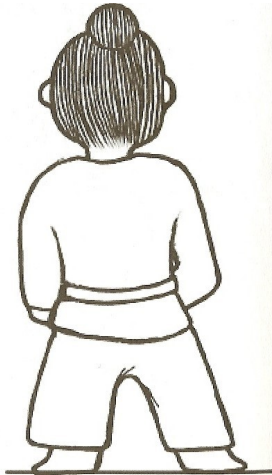
Step #11 Right High Block

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



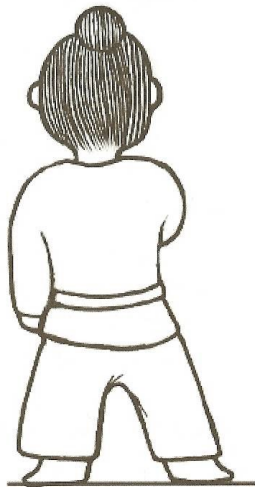
Step #12 Left Regular Punch

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



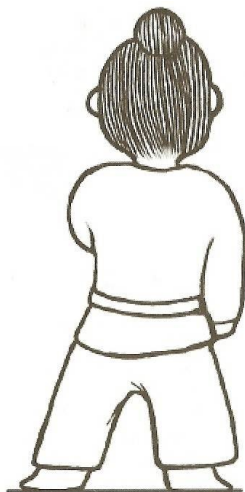
Step #13 Left Low Block

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



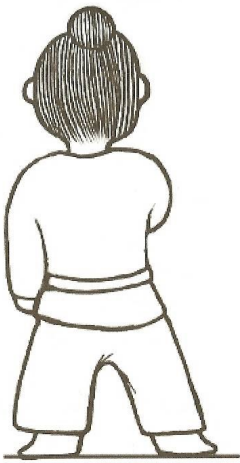
Step #14 Right Regular Punch

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.



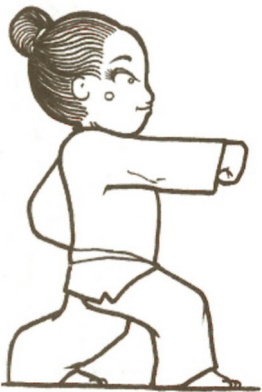
Step #16 Right Regular Punch

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



Step #17 Left High Block

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



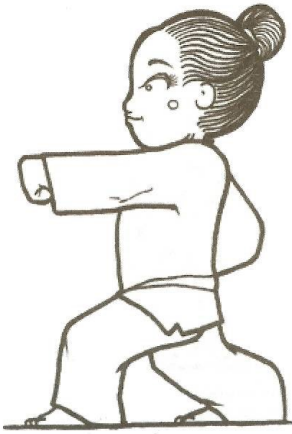
Step #18 Right Regular Punch

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



Step #19 Right High Block

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



Step #20 Left Regular Punch

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



Return to Joon-Bi