

Punch with the left hand.

Turn 90 degrees to the

left by moving the left

leg into a Front Stance

Block.

and make left hand High

( 올려막기 olgul makgi )



Step forward with the

right leg into a Front

Middle Punch.

Stance( 앞굽이 ap kubi )

and make a right hand

READY

READY STANCE

Remember junbi is to

gather your spirit and

power in a short time.

기본준비 junbi





Stance ( 앞굽이 ap kubi )

and make a right hand

Middle Punch.

Turn 90 degrees to the

left by moving the left

leg into a Front Stance

Block.

and make left hand High

( 올려막기 olgul makgi )

Step forward with the

right leg into a Front

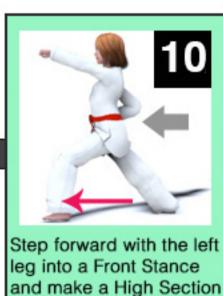
Stance and make a

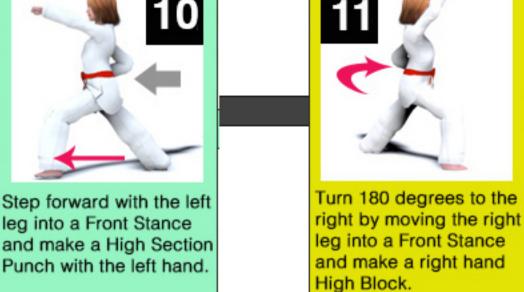
the right hand.

High Section Punch with



( 올려막기 olgul makgi )

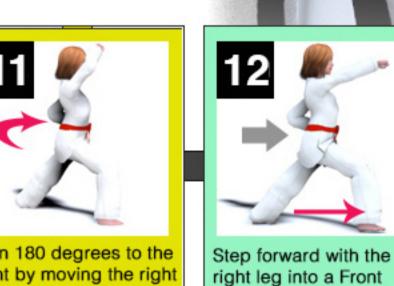




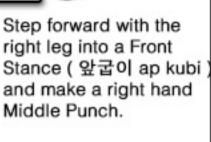
Stance ( 앞굽이 ap kubi )

and make a left hand

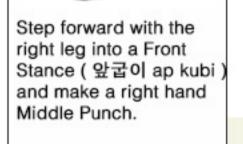
Middle Punch.









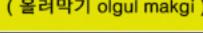


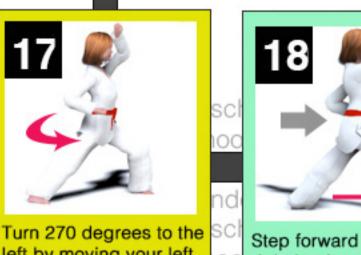
Turn 90 degrees to the left by moving the left leg into a Front Stance and make left hand High Block. ( 올려막기 olgul makgi )

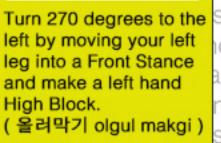
Stance and make a

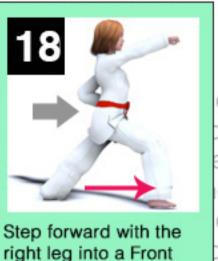
the right hand.

High Section Punch with







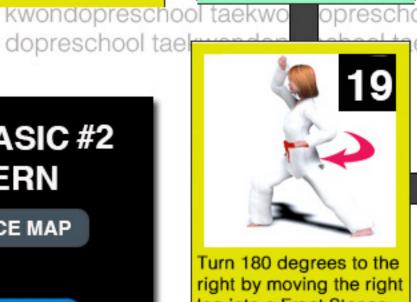


right leg into a Front Stance and make a High Section Punch with the right hand.



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leg into a Front Stance and make a left hand High Block. ( 올려막기 olgul makgi )



and make a High Section Punch with the left hand.

