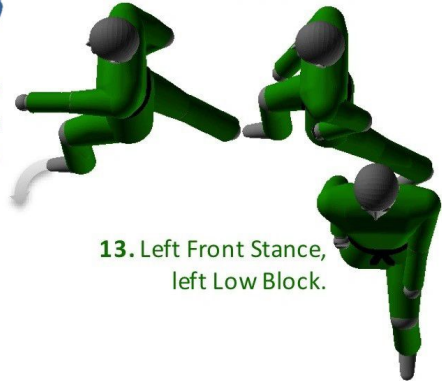


Kibon Poomsae



16-step version

12. Left Front Stance, left Low Block. Then step left with the left foot to turn 90 to the left.



13. Left Front Stance, left Low Block.

14. Right Front Stance, right Punch.



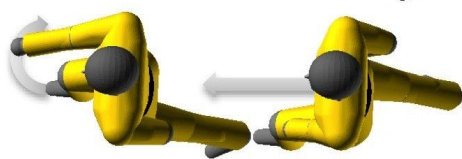
15. Left Front Stance, left Punch.



16. Right Front Stance, right Punch. Kihap. Baro then end.



Then step right with the right foot to turn 180 to the right.

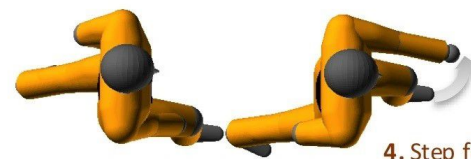


2. Step forward to Right Front Stance, right Punch.

1. Left Front Stance, left Low Block.

Joonbee

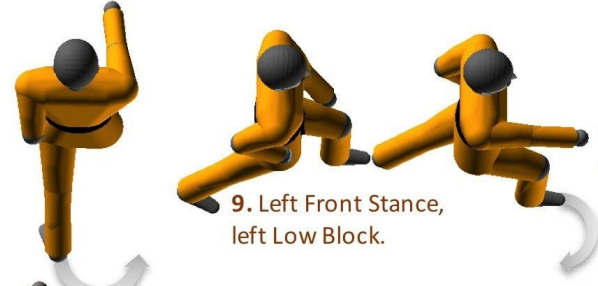
Then step left with the left foot.



3. Right Front Stance, right Low Block.

4. Step forward to Left Front Stance, left Punch. Then step left with the left foot to turn 90 left.

8. Step forward to Right Front Stance, right Punch. Kihap. Then step back with the left foot to turn 270 counter-clockwise, so that you're facing right.



9. Left Front Stance, left Low Block.

7. Step forward to Left Front Stance, left Punch.



6. Step forward to Right Front Stance, right Punch.



5. Left Front Stance, left Low Block.



10. Right Front Stance, right Punch. Then step right with the right foot to turn 180 right.

