

KIBON HYUNG STEP BY STEP

N.B. Apart from when doing Middle Blocks, the feet should always be parallel, I.E. pointing the same direction as each other. Use the lines on the floor for direction.



Attention



Bow



Raise hands, palms up and pull apart, whilst stepping to left



Punch inwards and down both hands



Turn head & look to left, bring left hand to right shoulder covering with right hand. Hands in closed fist shape.



Step forward and out to Left with Left Foot. Left Low Block. Right Fist to Right Hip.



Step Forward (in and out motion) with Right Foot.



When right foot lands, Right Punch. Left Fist back to hip