

KIBON HYUNG STEP BY STEP 2

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.



Look over left shoulder



Right Fist to Left shoulder, covered
by Left Fist



Step Back & across with
right foot (look at floor lines)



Pivot to right, right low block



Step forward (in & out motion)
with Left Foot



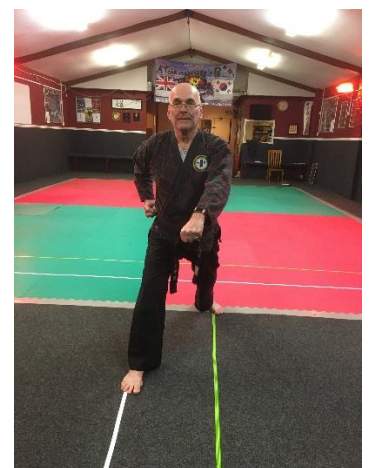
Left Low Punch, Right fist
returns to Right Hip



Pull left foot back to Right
Pivot to left, Left fist to
Right shoulder, covered by
Left fist.



Step forward and out with
Left Foot. Left Low Block



Step forward with right foot
(in & out motion) keeping
left block extended