

KIBON HYUNG STEP BY STEP 3

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.



Right Low Punch. Left fist back to left hip.



Step forward with Left Foot (in & out) Keeping fist extended.



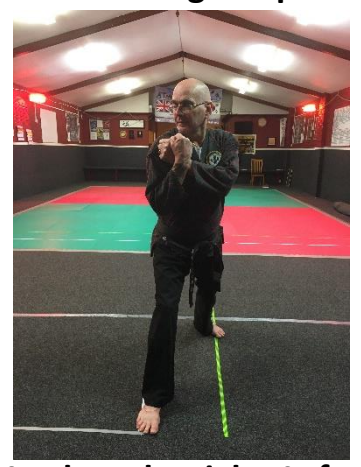
Left Low Punch. Right fist back to right hip



Step Forward with Right Foot (in & out) Left fist still extended.



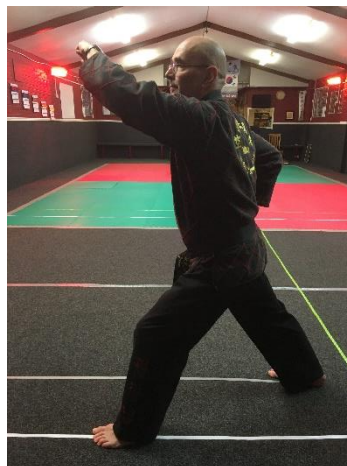
Right Low Punch. Left fist to right hip.



Look to the right. Left Fist to right shoulder covered by right fist.



Diagonal cross step behind with Left Foot.



Pivot to Left. High Left Block. Right Fist to right hip.



Step forward (in and out) with Left Foot.