

KIBON HYUNG STEP BY STEP 4 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 High Punch. Left fist pulls back to left hip.



Look over left shoulder. Bring right fist to left shoulder covered by left fist.



Diagonal backstep with right foot. Check floor lines.



Pivot to the right. Right high Block. Left fist pulls back to Left hip.



Step forward with Left Foot Keep block position.



Left High Punch. Right fist pulls back to right hip



Look to left (back towards start) Left fist to right shoulder covered with right fist.



Left step out & towards Start. High Left block, Right fist to Right hip.



Step forward (in & out) with right foot, then High Right block