

KIBON HYUNG STEP BY STEP 5

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.



Bring Left fist to right shoulder covered by right fist



Step forward (in & out) with left foot



Left High Block, Right fist pulls back to right hip



Step forward (in & out) with Right foot. Right fist to left Shoulder covered by right fist.



Right High Block. Left fist pulls back to left hip.



Bring Left fist to Right HIP covered by right fist.



Looking over right shoulder Back step with left foot onto same line as right foot.



Pivot to left into a Back Stance Middle block with left hand Right fist pulls back to hip.



Step forward (in & out) with right foot.