

KIBON HYUNG STEP BY STEP 6



Right middle punch. Left



Look over left shoulder. Right



Back step with right foot

Fist pulled back to hip.

fist to left hip, covered by left fist

onto same lines as left foot.



Pivot into Back Stance.



Step forward & out into Front



Left Middle punch. Right

Right Middle block.

stance.

fist pulled back to right hip



Draw left foot to right. Pivot



Step into back stance.



Adjust to front stance.



Left Punch

towards front. Middle block

Right punch

Hands to right hip.



Right punch



Feet together. Breathing as at start.



Bow

N.B. It is important to only try to learn two or three moves at a time. Practise those hard, checking against these pictures. If possible, send us a video for commentary BEFORE trying to learn any more. If you find yourself "getting lost" then start again from the beginning a few steps at a time.