

From Jhoon Bi (barrel form)

- 1) Step into left foot back stance left ridge hand strike (with palm up) right hand grabs and pulls to belt. Front kick with left foot. Step around (counterclockwise 180 degrees) into back stance (right foot forward) palm hand sweep upward with right hand.
- 2) Step and Pivot 180 degrees (clockwise) into back stance (right foot forward) right ridge hand strike (with palm up) left hand returns to belt. Front kick with right foot. Step around (clockwise degrees) into back stance (right foot forward) palm hand sweep upward with left hand.
- 3) Return to centerline facing forward, double knife hand strike in back stance (left foot forward). Pivot into left front stance elbow strike with right elbow.
- 4) Step forward into double knife hand strike in back stance (right foot forward). Pivot into right front stance elbow strike with left elbow.
- 5) Step forward into **left front stance** double fist strike to chin.
- 6) Step forward into **right front stance** double fist bladder strike.
- 7) Pivot 180° left foot forward into front stance, axe block.
- 8) Step back to centerline. Grab and pull with hand. Twist to left in back stance. Back hand strike with left hand, Grab and pull with left hand. Backhand strike with left hand (done a total of 2 times). Pivot into left front stance reverse punch (with right hand)
- 9) Step back to centerline. Grab and pull with hands. Twist to right in back stance. Back hand strike with right hand, Grab and pull with right hand Backhand strike with right hand (done a total of 2 times). Pivot into right front stance reverse (with left hand).
- 10) Step back to centerline (right foot comes in) step forward into left front stance. San Soo. Pivot into horse rider's stance, pivot and punch with left hand. Sidekick off of back (right) foot.
- 11) Step forward into right front stance San Soo. Pivot into horse rider's stance, pivot and punch with right hand. Sidekick off of back (left) foot.
- 12) Step down into back stance (left foot forward) fighting stance. Pivot into front stance left hand drops low and slowly comes up while right hand comes up and slowly comes down. Palms start (left down and right up but reverse in the center)
- 13) Step forward into back stance (right foot forward) fighting stance. Pivot into front stance right hand drops low and slowly comes up while left hand comes up and slowly comes down. Palms start (right down and left up but reverse in the center)
- 14) Step forward slowly pivoting 90° counter clockwise, right hand makes square in front of body. Left hand fist at belt.
- 15) Step forward into back stance pole block.

16) Step back to center 180° turn to left step into back stance pole block.

17) Return to Jhoon be