

Quan Li K'an Kata: YUL GUK (LOW BLUE)

From Jhoon Bi position

- 1) Extend right fist, slide left foot to left SLOWLY into horse riding stance while slowly pushing out left fist & drawing right fist back to right side of belt.
- 2) Double punch right then left.
- 3) Pull feet together (leave left fist extended) keeping knees bent (horse rider stance) to keep head on level.
- 4) Slide right foot SLOWLY to right while slowly pushing out right fist & drawing left fist back to left side of belt
- 5) Double punch first left then right.
- 6) Pull feet back together step out 45 degrees to right into a front stance with right fore arm block.
- 7) Front kick with back foot (left) double punch as step down (left then right.)
- 8) Pull feet back together turn 90 degrees to left (should now be 45 degrees left of center). Step into a front stance with left fore arm block.
- 9) Front kick with back foot (right). Double punch as step down (first with same side as kick-in this case right).

- 10) Draw right foot back, turn back to center (make a 45-degree turn to right). Slowly push right foot forward into front stance. At the same time, SLOWLY extend right hand in knife hand strike drawing left hand back to left side of belt. Once right hand reaches full extension, do a fast knife hand strike with left hand (don't forget the elbow strike), and then punch with right hand

- 11) Quickly step up so that the left foot is next to the right foot. Slowly: step out into left foot forward front stance, extending left hand in knife hand strike while drawing right hand back to right side of belt. Once left hand reaches full extension, do a fast knife hand strike with right hand (do not forget the elbow strike) then punch with left hand.

- 12) Step forward into front stance right foot forward. Right fist punch.
- 13) Assume fighting stance with left foot drawn up. [You are still facing the same direction]
- 14) Left foot sidekick step down into front stance (left foot forward) striking with right elbow strike (right elbow comes around to meet left hand)
- 15) Turn around by assuming fighting stance right foot drawn up.
- 16) Right foot sidekick step down into front stance (right foot forward) striking with left elbow into right palm.
- 17) Bring back foot up (left) step out to left in back stance with square block. HANDS IN (OPEN) KNIFE HAND POSITION (not fist).
- 18) Step into front stance (right foot forward) do Quan So (right hand is striking)
- 19) 180° turn into back stance with square block right foot forward) HANDS IN (OPEN) KNIFE HAND POSITION (not fist).
- 20) Step into front stance (left foot forward) Quan So (left hand is striking)
- 21) Turn to left 90° (back to centerline) into front stance (left foot forward) side hand strike with left hand. Punch with right hand
- 22) Step forward into front stance (right foot forward) side hand strike with right hand. Left hand punch
- 23) Forward jump - landing on left foot right foot, place right foot CLOSE behind left foot. Left hand in forearm block to left side head right hand is on right side of belt.
- 24) 270 degree turn (clockwise) into (right foot) front stance double fist strike.(San So)
- 25) Pull feet together then do a 180° (counter clockwise) turn into front stance (left foot) double fist strike. (San So)
- 26) Return to Jhoon Bi