

Chil Sung Il Ro (Green Belt Instructional Guide pg 81)

1. Jhoon Bee Jaseh
2. right arm pushes downward, left arm embracing posture
3. right arm extended left arm crosses right elbow, pull right back across chest
4. Choong Dan Kong Kyuk
5. Hu Gul Ha Dan Yuk Soo Do Mahk Kee
6. right arm extended left arm crosses right elbow, pull right back across chest
7. Choong Dan Kong Kyuk
8. right arm pushes downward, left arm embracing posture
9. Hu Gul Yup Mahk Kee
10. Hu Gul Choong Dan Soo Do Mahk Kee
11. When Jin Kong Kyuk
12. right grips left in front of abdomen scoop motion
13. pressing motion from bottom of scoop
14. slow double open hand inside outside middle block
15. left hand low knife block right side high block
16. Choong Dan Kong Kyuk
17. left grips right in front of abdomen scoop motion
18. pressing motion from bottom of scoop
19. slow double open hand inside outside middle block
20. right hand low knife block left side high block
21. Choong Dan Kong Kyuk
22. Ha Dan Mahk Kee
23. Choong Dan Soo Do Mahk Kee
24. Choong Dan Kong Kyuk
25. Sang Dan Mahk Kee
26. Choong Dan Kong Kyuk
27. Sang Dan Mahk Kee
28. Choong Dan Kong Kyuk
29. double palm push, pushing down
30. scoop to sides of body
31. double palm push
32. two hand center block
33. double palm push, pushing down
34. scoop to sides of body
35. double palm push
36. two hand center block
37. double palm push, pushing down
38. scoop to sides of body
39. double palm push
40. Ba Ro

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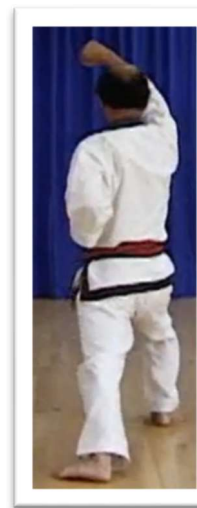
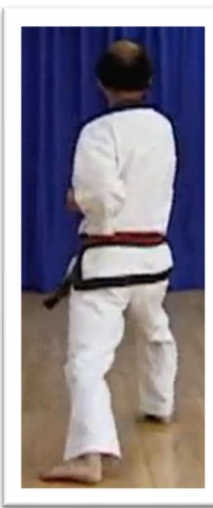
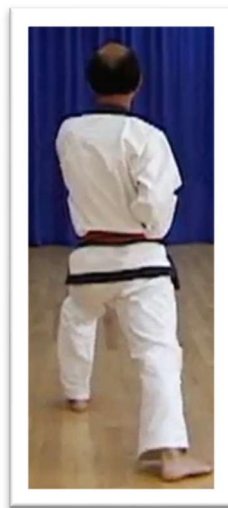
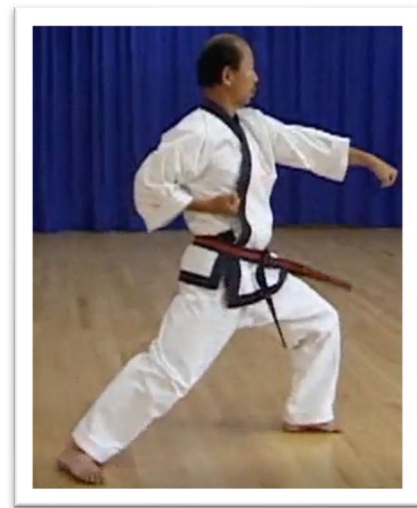
41.



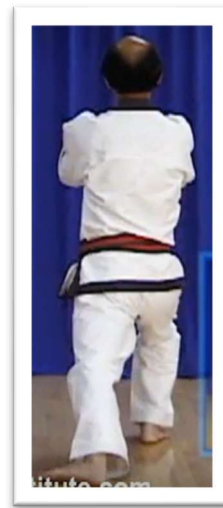
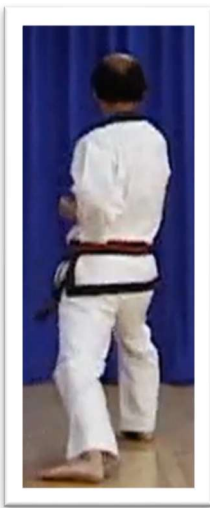
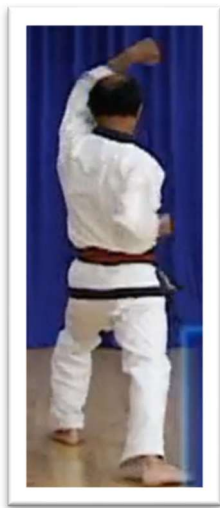
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