

Chil Sung Sa Ro

1. Jhoon Bee Jaseh
2. Low x block back stance
3. Reverse back fist to rear, elbow to front
4. Reverse hands
5. Even stance double inside outside blocks to side
6. Drop elbows straight down
7. Slowly stand extending right, left hand on right elbow
8. Stepping out even stance elbow strike
9. Turning low x block back stance
10. Reverse back fist to rear, elbow to front
11. Reverse hands
12. Even stance double high x block (palms out)
13. Drop elbows straight down
14. Quickly extend both fists
15. Stepping out even stance elbow strike
16. Reinforced open hand inside outside block back stance 45° to centerline
17. Elbow without step
18. Step front punch (shout)
19. Even stance double elbow strike to sides
20. Double elbow strikes up
21. Double elbow strikes down/rear
22. Rise and circle arms around to sides
23. Sink with double inside outside open hand blocks
24. Right hand inside outside block palm away, left hand high block in back stance
25. Reverse low block front stance
26. Overhead elbow strike down right hand, knee strike left leg
27. Front punch
28. Reverse front punch
29. Overhead elbow strike down left hand, knee strike right leg
30. Setting down even stance elbow blocks, hands at hips
31. Reverse hips blocking with elbows
32. Clearing left, spear hand right
33. Stepping behind even stance elbow blocks, hands at hips
34. Reverse hips blocking with elbows
35. Clearing right, spear hand left
36. Draw hands to waist front stance
37. Pressing forward with palms
38. Front punch
39. Reverse front punch

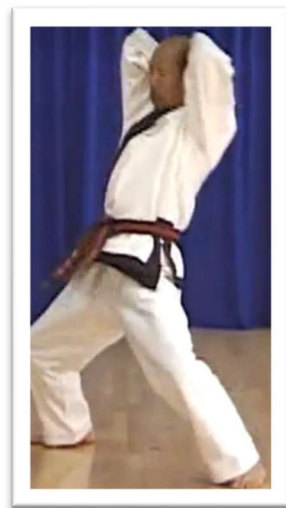
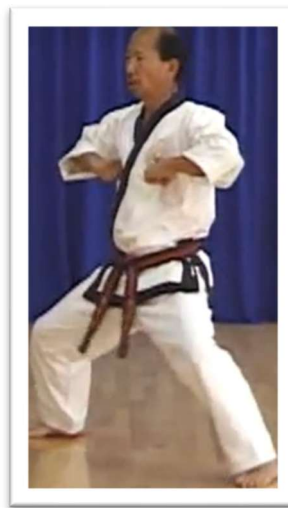
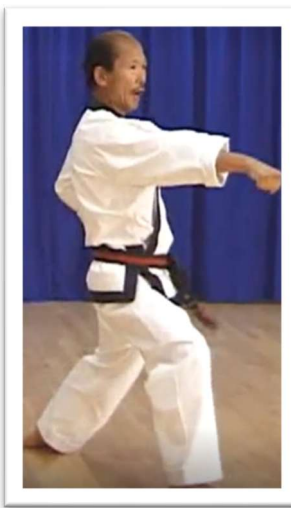
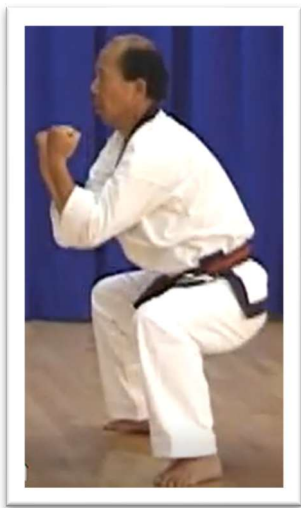
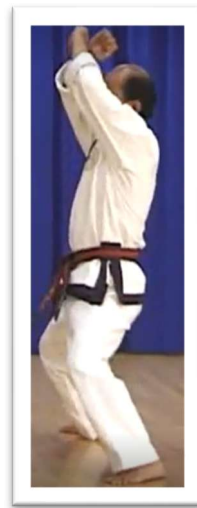
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- 40. Look right retreat into cross leg stance with right high block and left low palm block
 - 41. Shift eyes back to centerline front kick
- 42. Reverse hips looking left into cross leg stance with left high block and right low palm block
 - 43. Shift eyes back to centerline front kick
 - 44. Reverse spear hand front stance
 - 45. Spear hand front stance
- 46. Step behind cross leg stance high inside outside block right
 - 47. Twisting to elbow strike left even stance
 - 48. Hopping back fist with shout
- 49. 1:38

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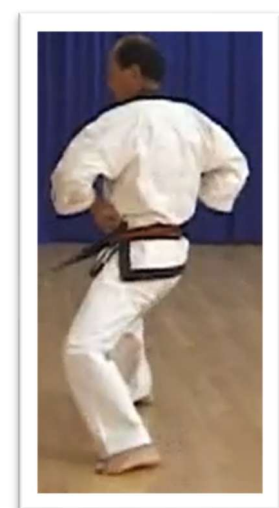
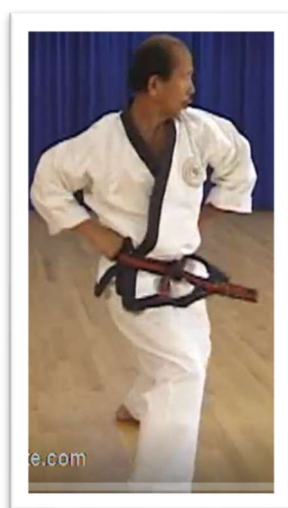
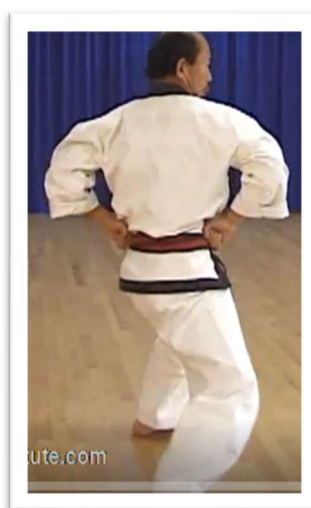
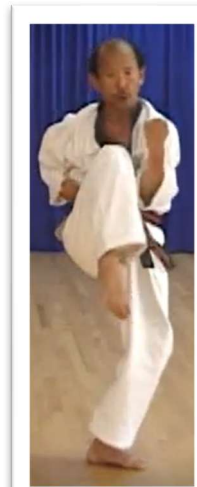
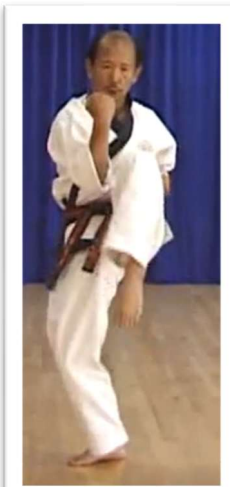
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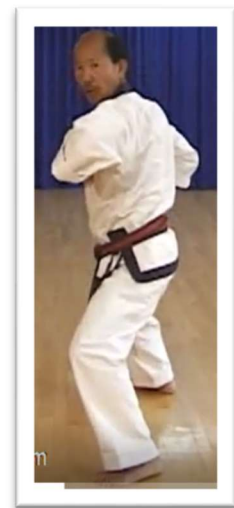
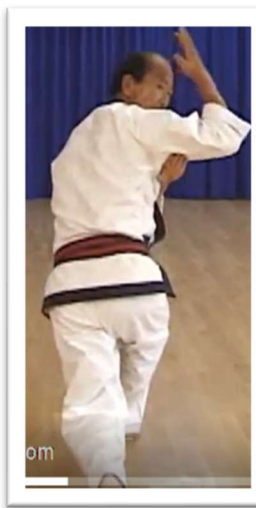
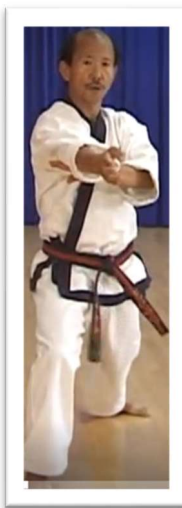
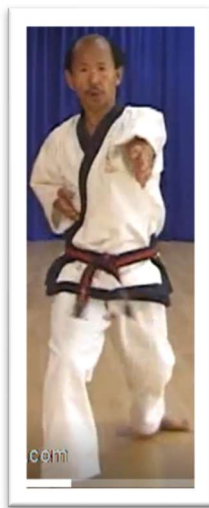
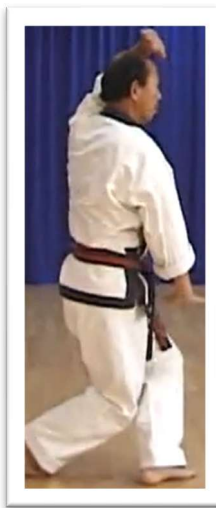
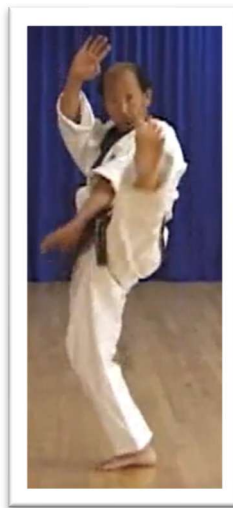
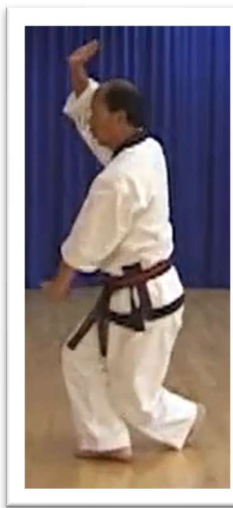
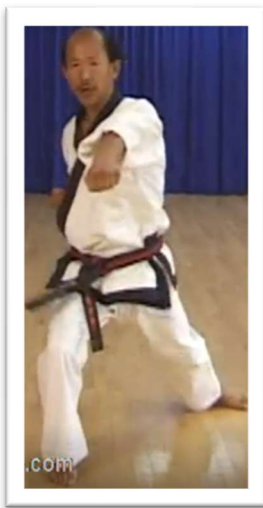
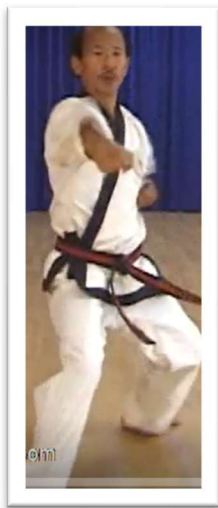
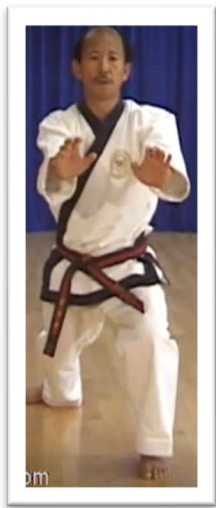
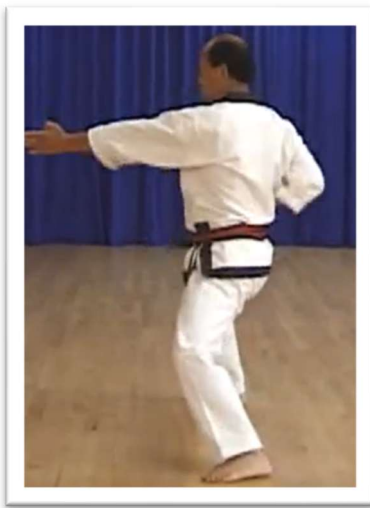
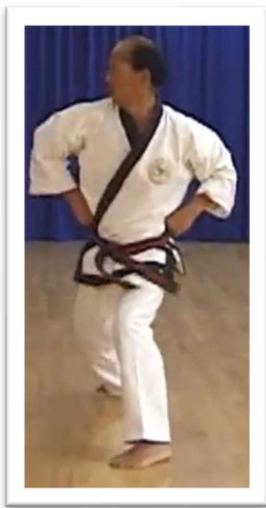
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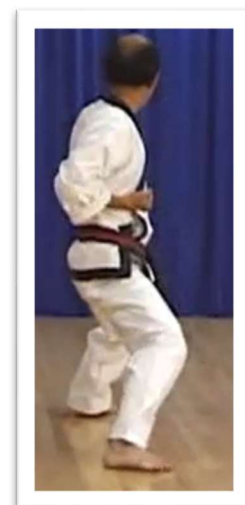
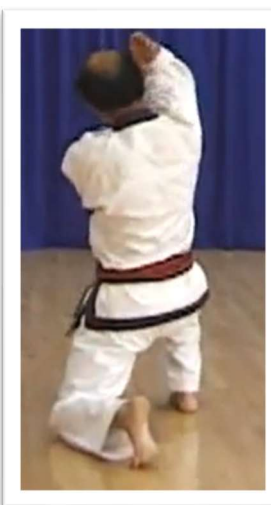
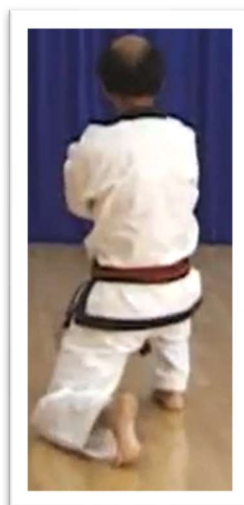
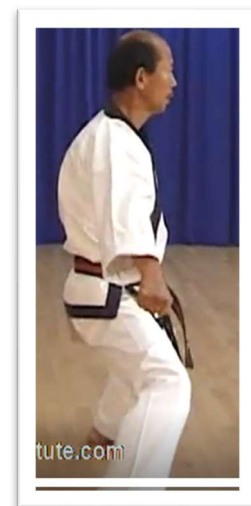
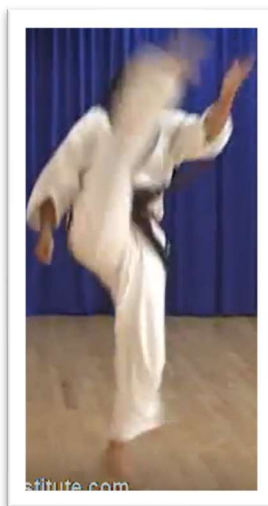
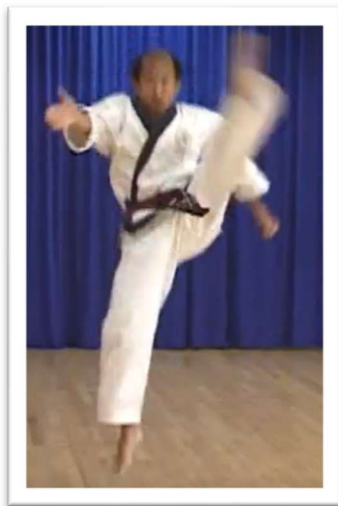
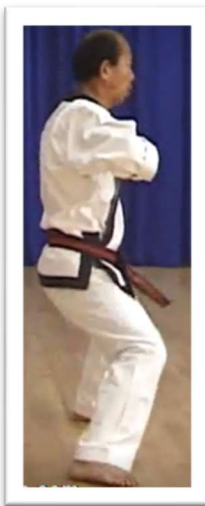
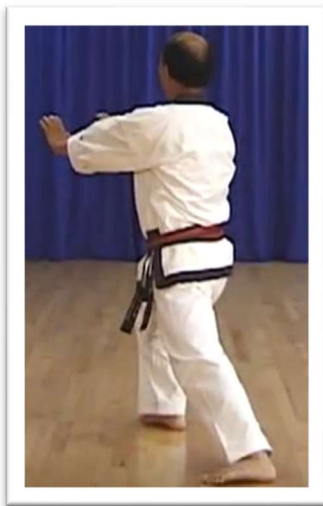
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