

Kong Sang Koom Hyung 83

1. Jhoon Bee Jaseh
2. Lift hands
3. Separate hands
4. Right Soo Do hit left palm
5. Soo Do high block
6. Soo Do high block
7. Clear
8. Middle punch
9. Inside-outside block
10. Middle punch
11. Inside-outside block
12. Soo Do middle block
13. Soo Do middle block
14. Kwan Soo attack
15. Left high block right reverse Soo Do
16. Front snap kick
17. Low Kwan Soo left hand to right shoulder
18. High block behind head low block
19. Low Kwan Soo left hand to right shoulder
20. Stand and extend left arm
21. Left high block right reverse Soo Do
22. Front snap kick
23. Low Kwan Soo left hand to right shoulder
24. High block behind head low block
25. Low Kwan Soo left hand to right shoulder
26. Stand and extend arm
27. Pivot right prepare for side kick
28. Side kick with hammer fist
29. Right elbow strike
30. Pivot left prepare for side kick
31. Side kick with hammer fist
32. Left elbow strike
33. Middle Soo Do block
34. Middle Soo Do block
35. Middle Soo Do block
36. Middle Soo Do block
37. Left high block right reverse Soo Do

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- 38. Front snap kick
- 39. High back fist
- 40. Inside-outside block
- 41. Reverse middle punch
- 42. Middle punch
- 43. Hands together left open
- 44. Both hands to ground
- 45. Choi Ha Dan Soo Do Mahk Kee
- 46. Middle Soo Do block
- 47. Inside-outside block
- 48. Reverse middle attack
- 49. Inside outside block
- 50. Reverse middle attack
- 51. Middle attack
- 52. Prepare for side kick
- 53. Side snap kick
- 54. Soo Do middle block
- 55. Kwan Soo
- 56. Step behind
- 57. Hammer attack
- 58. High back fist
- 59. Elbow attack
- 60. Right forearm in front of solar plexus
- 61. Low block to the right
- 62. Low block left high block right
- 63. Low x-block closed hands
- 64. High x-block open hands
- 65. 270 turn lower hands
- 66. Jump snap kick
- 67. High back fist attack
- 68. Ba Ro Jaseh

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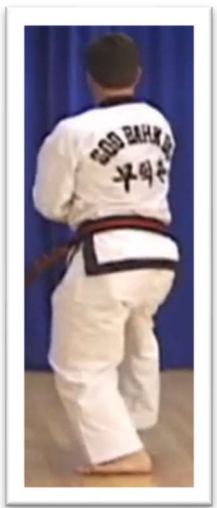
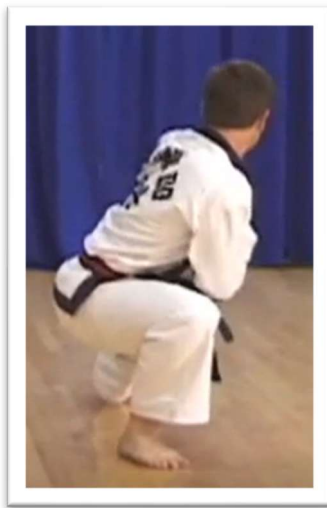
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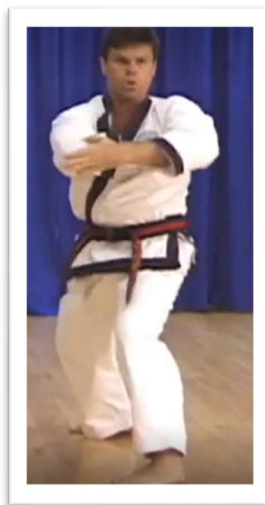
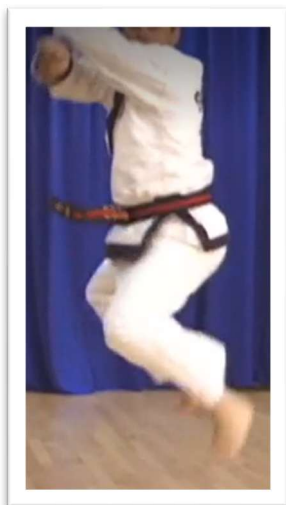
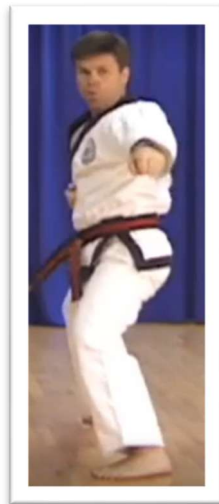
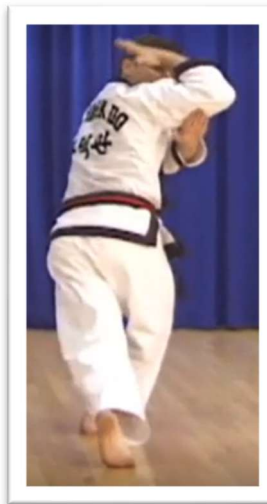
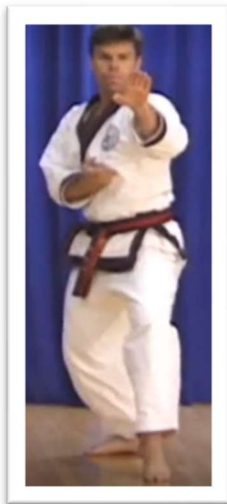
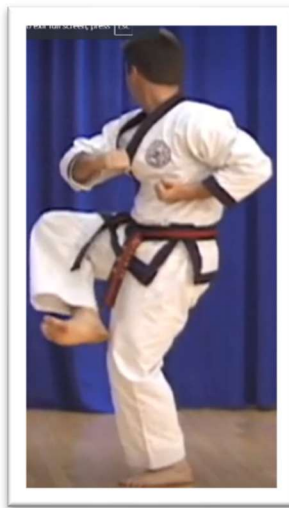
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