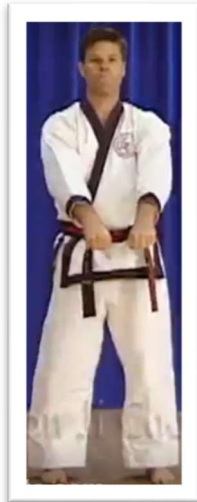


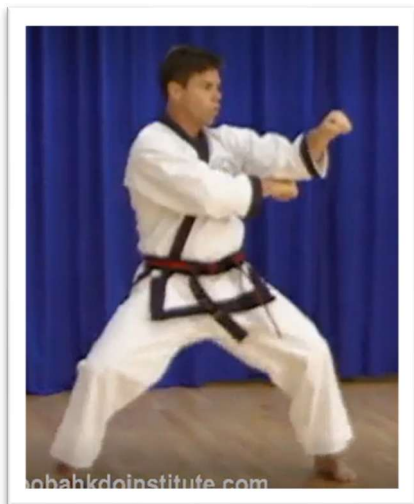
Nai Han Ji Cho Dan

1. Jhoon Bee Jaseh (Nai Han Ji Jhoon Bee)
 2. Spear movement (right)
 3. Heel kick right hand open
 4. Left elbow attack to palm
 5. Elbow block
 6. Low block
 7. Elbow block
 8. Right moves to left side
 9. (two moves)
- A. Preparation of an inside-outside block
- B. Heel kick inside-outside block
10. Right hand to shoulder left arm down
11. Right low block left high block to left
 12. Outside-inside block
 13. Prepare for block
 14. Inside-outside block
 15. Prepare for block
 16. Inside-outside block
 17. Prepare for side attack
 18. Side attack
 19. Open palm
 20. Right elbow attack
 21. Protect solar plexus
 22. Low block to the side
 23. Protect solar plexus
 24. Cross step
 25. (two moves)
- A. Prepare for an inside-outside block
- B. Heel kick inside-outside block
26. Left hand to shoulder right arm down
27. Left low block right high block to right
 28. Outside-inside block
 29. Prepare for block
 30. Inside-outside block
 31. Prepare for block
 32. Outside-inside block
 33. Prepare for side attack
 34. Side attack
35. Ba Ro Jaseh (Nai Han Ji Ba Ro)

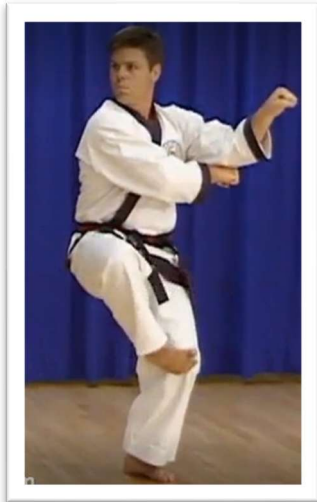
Nai Han Ji Cho Dan



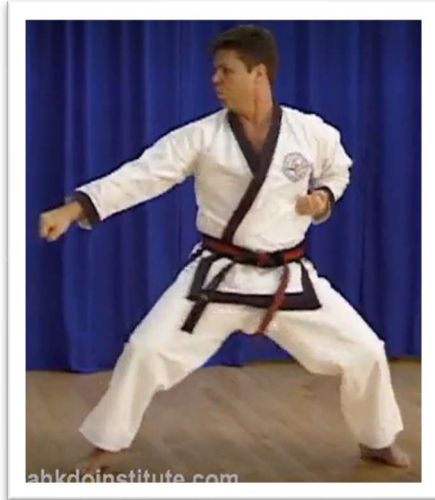
Nai Han Ji Cho Dan



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