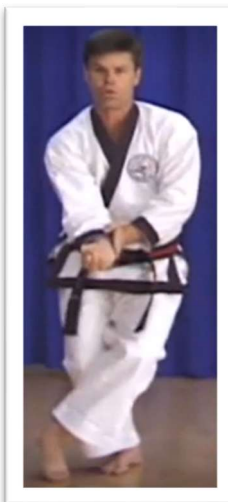
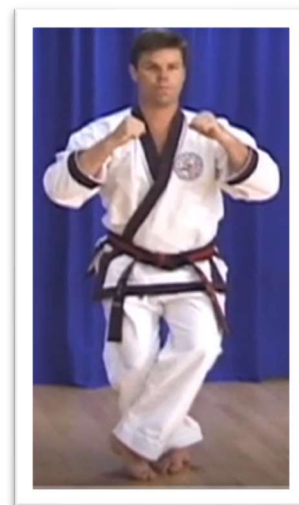


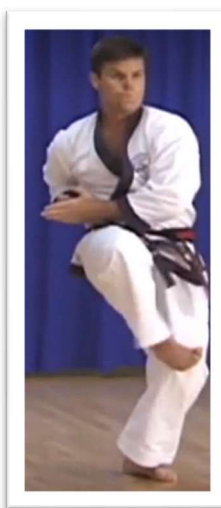
Nai Han Ji E Dan

1. Jhoon Bee Jaseh
2. Forearms slowly separate
3. Right hand side block, left in front palm out
4. Right low block palm out, left reinforced open hand
5. Right inside-outside block, left support
6. Forearms slowly separate
7. Left hand side block, right in front palm out
8. Left low block palm out, right reinforced open hand
9. Left inside-outside block, right support
10. Prepare for inside-outside block
11. Right inside-outside block left support
12. Prepare for elbow strike
13. Right elbow middle attack
14. Right Soo Do block
15. Left protect solar plexus
16. Left foot step across
17. Exaggerated inside-outside block
18. Left hand to right shoulder, right low block
19. Right inside-outside, left hand low block
20. Right outside-inside block reinforced
21. Prepare for inside-outside block
22. Left inside-outside block right support
23. Prepare for elbow attack
24. Left elbow middle attack
25. Left Soo Do block
26. Right protect solar plexus
27. Right foot step across
28. Exaggerated inside-outside block
29. Right hand to left shoulder left low block
30. Left inside-outside block right hand low block
31. Left outside-inside block reinforced
32. Ba Ro Jaseh

Nai Han Ji E Dan



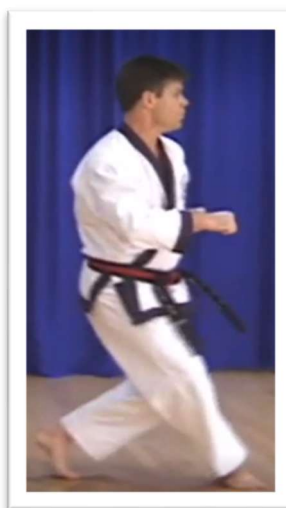
Nai Han Ji E Dan



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