

Nai Han Ji Sam Dan 33

1. Jhoon Bee Jaseh
2. Left inside outside block, right low block
3. Right inside outside block, left low block
4. Right fist toward left shoulder
5. Right Kap Kwon
6. Right outside-inside block, left reinforced
7. Right fist prepare, left hand covers
8. Right middle punch, left over right elbow
9. Twist right fist
10. Left foot steps across
11. Kee Ma Jaseh right low block, left over right elbow
12. Snap right fist palm down
13. Circle right hand around
14. Right fist prepare, left hand covers
15. Right middle punch, left over right elbow
16. Right inside-outside block, left low block
17. Left inside-outside block, right low block
18. Left fist toward right shoulder
19. Left Kap Kwon
20. Left outside-inside block, right reinforced
21. Right foot steps across
22. (two parts)
 - A. Lift left foot, right low block, left prepare
 - B. Left foot down, left outside-inside block reinforced
23. Left fist toward right shoulder
24. Left Kap Kwon
25. Left outside-inside block, right reinforced
26. Left fist prepare, right hand covers
27. Left middle punch, right hand over elbow
28. Twist left fist
29. Right foot steps across
30. Kee Ma Jaseh left low block, right over left elbow
31. Snap left fist palm down
32. Circle left hand around
33. Left fist prepare, right hand covers
34. Left middle punch, right hand over elbow
35. Right So Do
36. Left across solar plexus
37. Left foot steps across
38. (two parts)
 - A. Lift right foot, prepare for inside-outside block

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B. Right heel kick, left inside-outside block

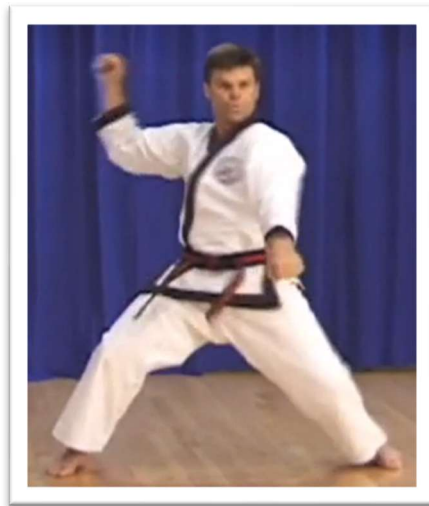
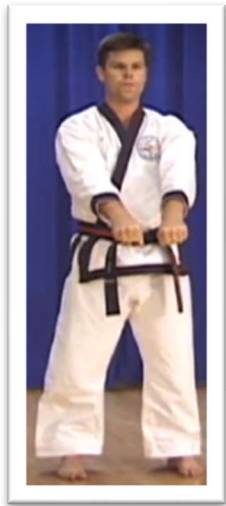
39. Left fist toward right shoulder

40. Left low block, right high block (to side)

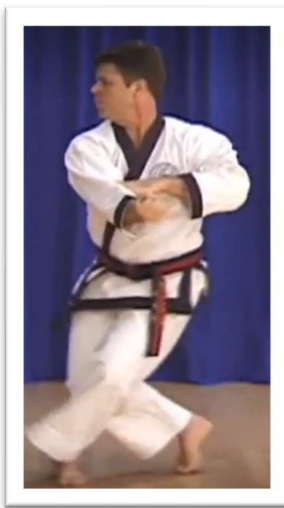
41. Right outside-inside block, left reinforced

42. Ba Ro Jaseh

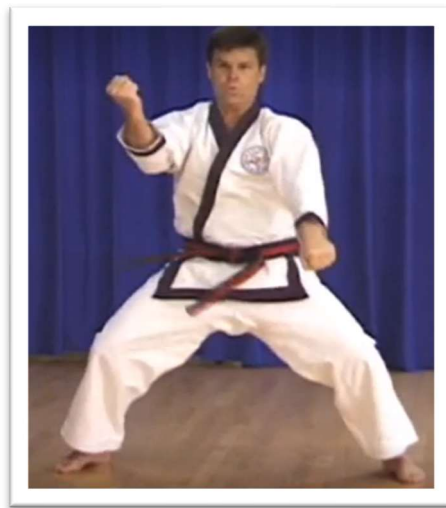
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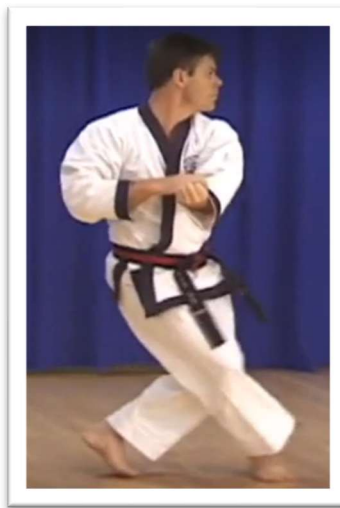
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