

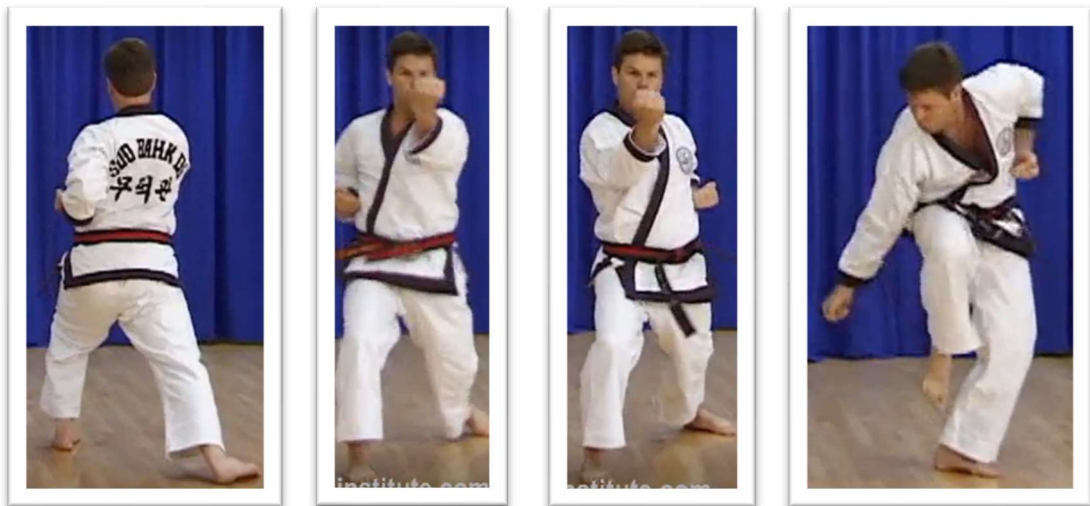
Passai (Red Belt Instructional Guide pg 79)

1. Passai Jhoon Bee Jaseh
2. right high side block, left open hand against right forearm
3. Ahneso Pahkuro Mahk Kee
4. Teul Oh Ahneso Pahkuro Mahk Kee
5. Teul Oh Pahkeso Ahnuro Mahk Kee
6. Ahneso Pahkuro Mahk Kee
7.
 - a. shift to left foot lift right, extend right straight down
 - b. pivot 90 degrees, extend left retract right
8. Pahkeso Ahnuro Mahk Kee
9. Teul Oh Ahneso Pahkuro Mahk Kee
10. left forearm in front of solar plexus
11. extend left straight forward
12. Choong Dan Kong Kyuk
13. Ahneso Pahkuro Mahk Kee
14. Choong Dan Kong Kyuk
15. Ahneso Pahkuro Mahk Kee
16.
 - a. both hands on left hip
 - b. Hu Gul Choong Dan Soo Do Mahk Kee
17. Hu Gul Choong Dan Soo Do Mahk Kee
18. Hu Gul Choong Dan Soo Do Mahk Kee
19. Hu Gul Choong Dan Soo Do Mahk Kee
20. Sang Dan Soo Do Mahk Kee, left against back of right
21. Yup Podo Cha Gi
22. Hu Gul Choong Dan Soo Do Mahk Kee
23. Hu Gul Choong Dan Soo Do Mahk Kee
24. bring right foot next to left, extend both arms
25. double high defense
26.
 - a. pull fist 12 inches apart
 - b. bring both fists around striking lower rib cage
27. Choong Dan Kong Kyuk
28. Teul Oh Ha Dan Kwan Soo Kong Kyuk, left to right shoulder
29. left Ha Dan Mahk Kee, right Sang Dan Yup Mahk Kee
30. bring left foot back to right
31.
 - a. Pahkeso Ahnuro Cha Gi
 - b. bring right foot next to knee, right hand to left shoulder
32. Ha Dan Mahk Kee
33. extend left arm straight out palm forward
34. Pahkeso Ahnuro Cha Gi
35. Choong Dan Pal Koop Kong Kyuk

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36. Ha Dan Mahk Kee, left stationary
37. Ha Dan Mahk Kee, right to left elbow
38. Ha Dan Mahk Kee, left to right elbow
39. right in front of solar plexus
40. right Ha Dan Kong Kyuk, left Sang Dan Kong Kyuk
41. right foot to left, left in front of solar plexus
42. Pahkeso Ahnuro Cha Gi
43. left Ha Dan Kong Kyuk, right Sang Dan Kong Kyuk
44. left foot to left, right in front of solar plexus
45. Pahkeso Ahnuro Cha Gi
46. right Ha Dan Kong Kyuk, left Sang Dan Kong Kyuk
47.
 - a. left arm behind head
 - b. right swing hand strike
 - c. right inside-outside low block/attack
48.
 - a. right hand scoop upward
 - b. left swing hand strike
 - c. left inside-outside low block/attack
49. Hu Gul Choong Dan Soo Do Mahk Kee
50. Hu Gul Choong Dan Soo Do Mahk Kee
51. Hu Gul Choong Dan Soo Do Mahk Kee
52. Passai Ba Ro

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