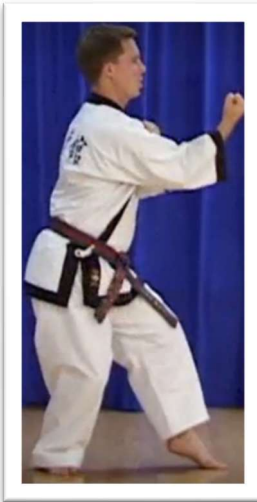
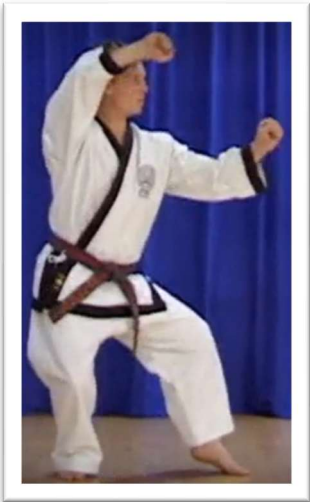


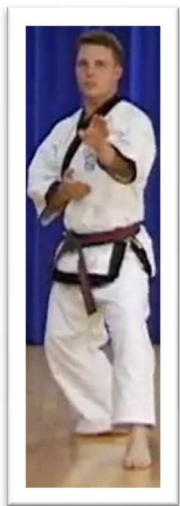
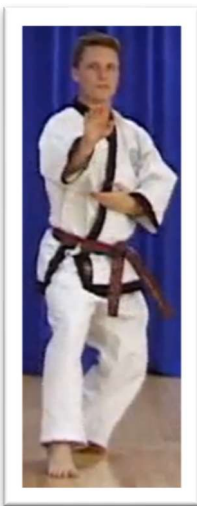
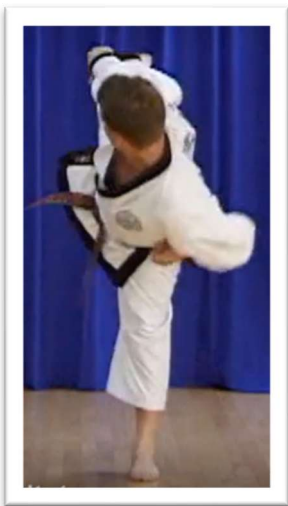
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1. Jhoon Bee Jaseh
2. Sang Dan Mahk Kee, Ahneso Pahkuro Mahk Kee
3. Right hand upper-cup, left to right shoulder
4. Wheng Jin Kong Kyuk
5. Sang Dan Mahk Kee, Ahneso Pahkuro Mahk Kee
6. Left hand upper-cut, right to left shoulder
7. Wheng Jin Kong Kyuk, then look over right shoulder
8. Prepare for Yup Podo Cha Gi (side kick)
9. Yup Podo Cha Gi, Kwon Do Kong Kyuk
10. Hu Gul Choong Dan Soo Do Mahk Kee
11. Hu Gul Choong Dan Soo Do Mahk Kee
12. Hu Gul Choong Dan Soo Do Mahk Kee
13. Kwan Soo Kong Kyuk
14. Hu Gul Choong Dan Soo Do Mahk Kee
15. Hu Gul Choong Dan Soo Do Mahk Kee
16. Hu Gul Choong Dan Soo Do Mahk Kee
17. Hu Gul Choong Dan Soo Do Mahk Kee
18. Teul Oh Ahneso Pahkuro Mahk Kee
19. Ahp Cha Nut Gi
20. Teul Oh Choong Dan Kong Kyuk
21. Teul Oh Ahneso Pahkuro Mahk Kee
22. Ahp Cha Nut Gi
23. Teul Oh Choong Dan Kong Kyuk
24. Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee
25. Ha Dan Mahk Kee
26. Sang Dan Soo Do Mahk Kee
27. Sang Dan Mahk Kee
28. Ha Dan Mahk Kee
29. Sang Dan Soo Do Mahk Kee
30. Sang Dan Mahk Kee
31. Ba Ro

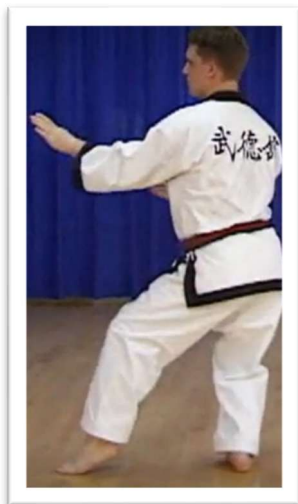
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