

# Sip Dan Khum E Ro

Chun Bee

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No step double elbow

Stepping right side punch

No step prepare shift back inside outside block back stance

No step clear right, reverse high Kwon Do left

No step high block

Clear low, stepping left China punch

No step prepare left, swing right palm heel block back stance

Clear low, stepping right China punch

Shifting left foot back double elbow strike

Standing Chun Bee (fists to hips)

Stepping out left double elbow

Stepping right Yup Mahk Kee

No step clear low, reverse middle punch

No step high block, reverse high Kwon Do

Prepare to side, stepping left outside inside palm block back stance

Clear low, no step reverse punch, push right hip forward inside outside block

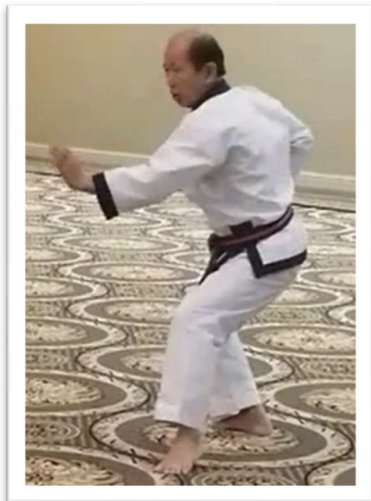
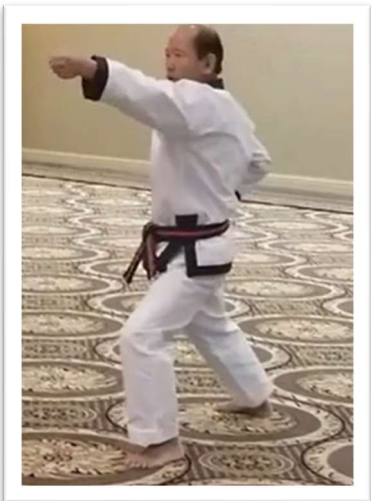
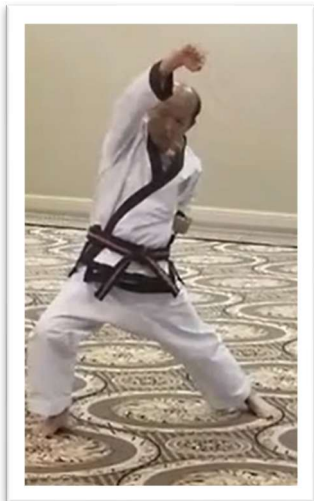
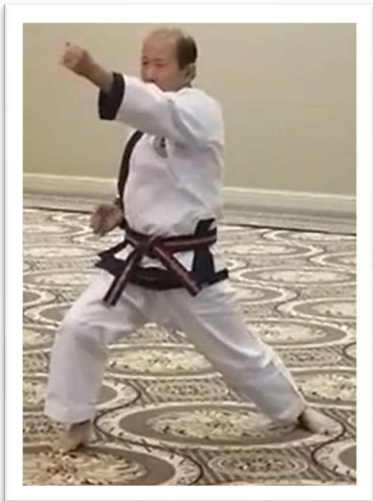
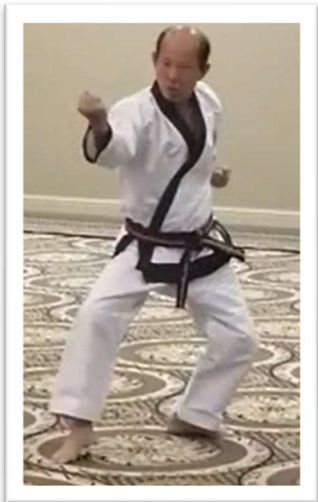
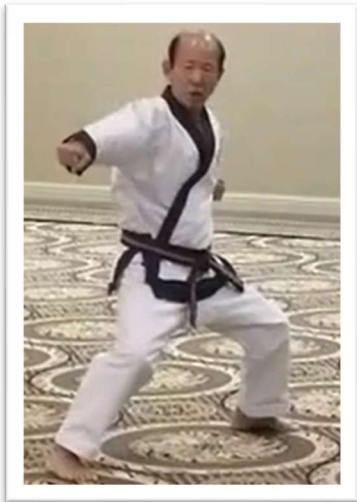
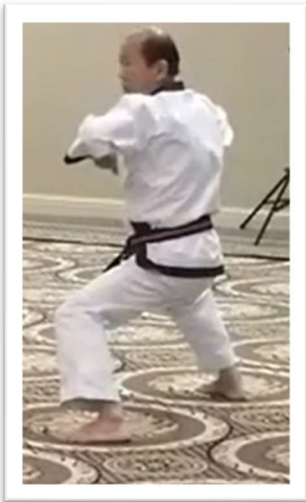
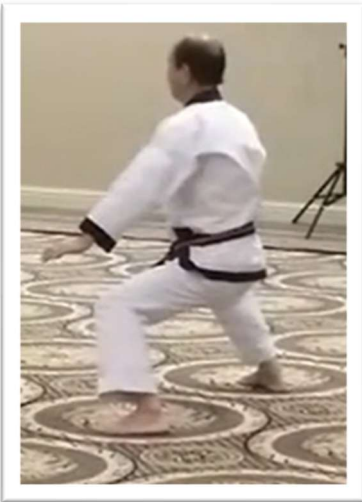
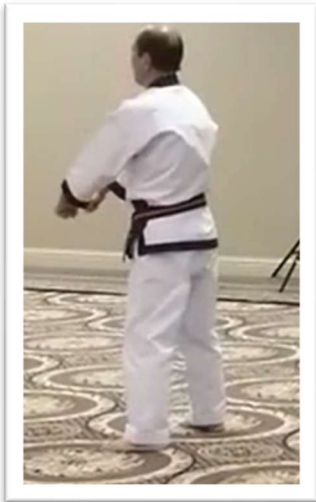
Stepping right reverse high block

Shifting left foot back double elbow strike

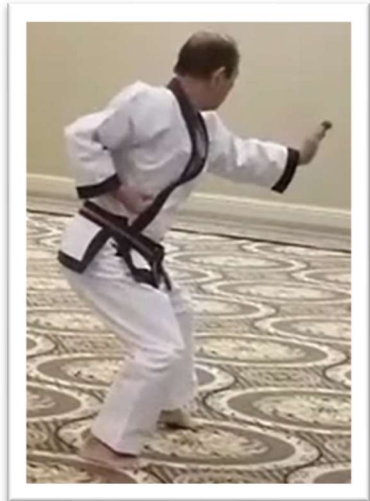
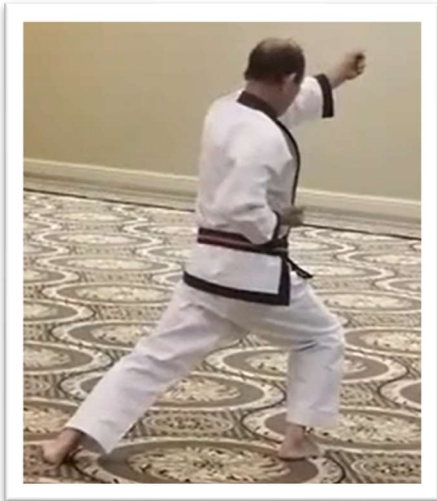
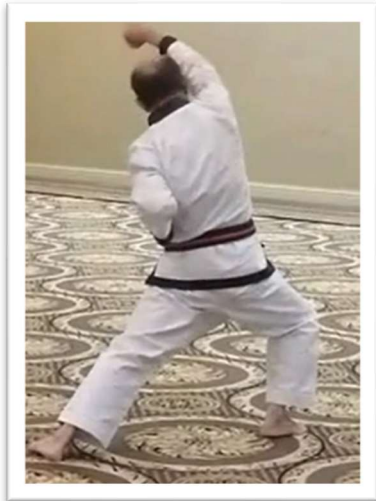
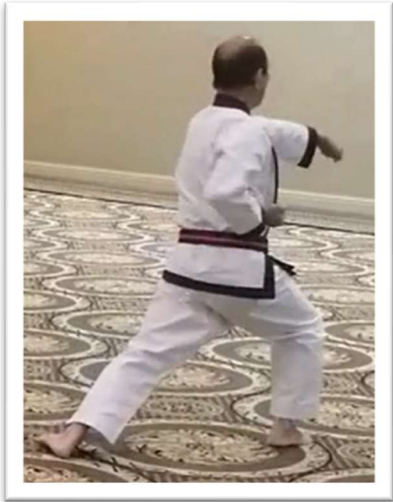
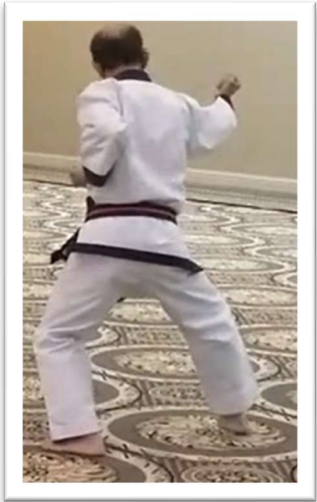
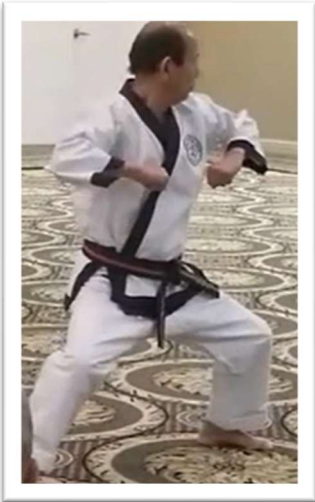
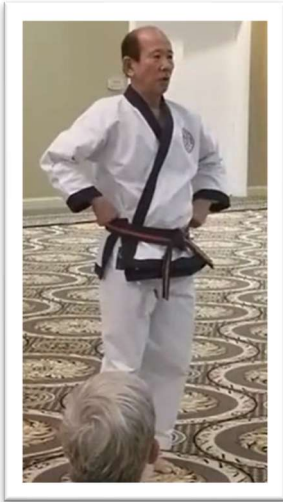
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