

Sip Dan Khum Il Ro

Chun Bee/Attention

Sip Dan Khum Chun Bee

Swing right, swing left, shift left foot to right swinging right arm out, left hand open to middle of the chest

Step out left, hands together in front, scoop and push, hands apart scoop and push

No step long kwon do

Stepping long kwon do

No step double elbow

Stepping long kwon do

No step long kwon do

Step double elbow

No step long kwon do

No step clear left, reverse front middle punch

Prepare like side-kick, reverse front punch

Standing chun bee

Step left long kwon do

Step right long kwon do

No step double elbow

No step long kwon do

Step double elbow

No step long kwon do

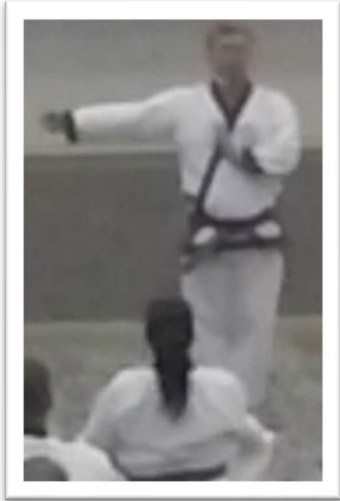
Circle right hand over. uppercut left

Stepping high block

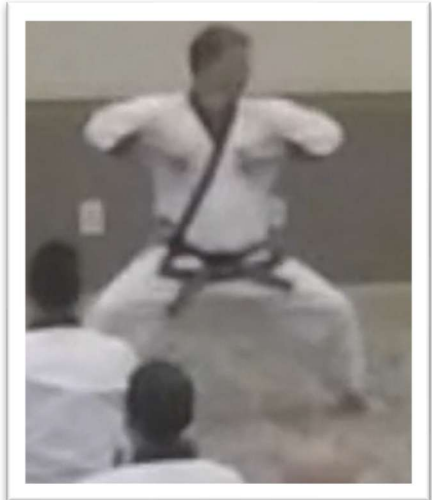
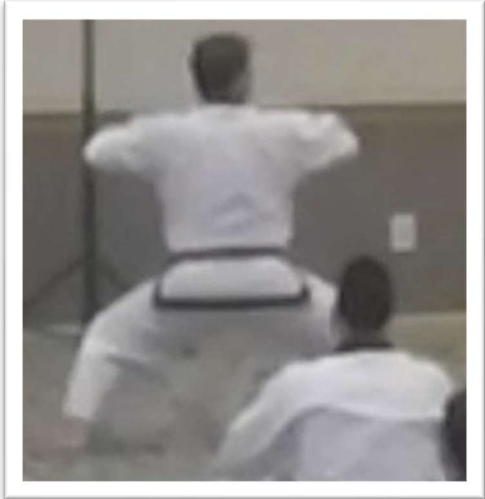
Ship don Khum chun bee

Chun Bee

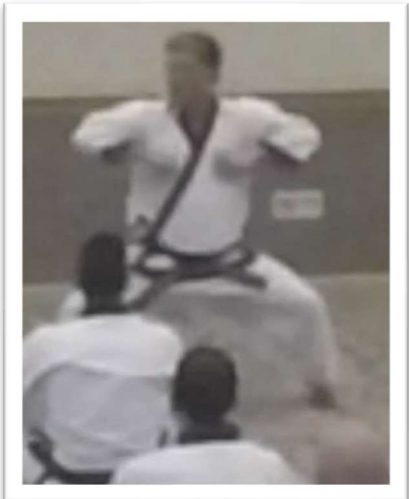
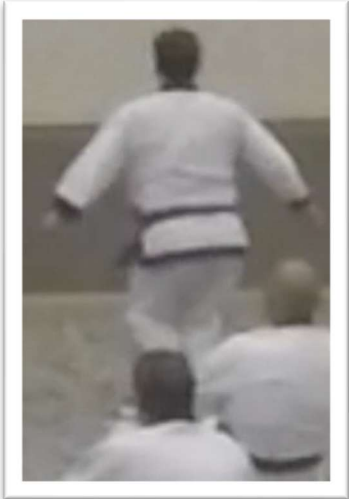
Sip Dan Khum Il Ro



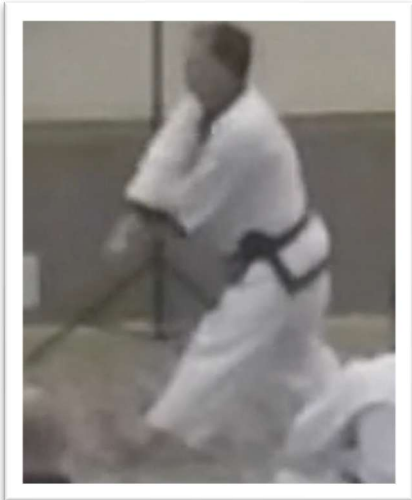
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