

Sip Dan Khum O Ro

Chun Bee

Sip San Khum Chun Bee

No step swing to prepare back fist

No step high block reverse middle punch front stance

No step swing to prepare elbow block

No step short middle punch reverse high block

Stepping front kick reverse elbow block

Stepping front kick setting back stance reinforced Soo Do Block

Stepping Choong Dan Soo Do Mahkee

No step reverse high block

Retreat no step back stance high block

Stepping Soo Do reverse Soo Do

Shifting horse stance double elbow

Stepping and turning Chun Bee (fists to hips)

Stepping even stance inside-outside block

No step reinforced reverse high punch

No step elbow block

No step reinforced high punch

Shifting forward low block front stance

Stepping low block front stance

Stepping Choong Dan Soo Do Mahk Kee back stance

Stepping Choong Dan Soo Do Mahk Kee back stance

No step high soo do mahk kee

No Step reverse high Soo Do Mahk Kee

Shift back high block back stance

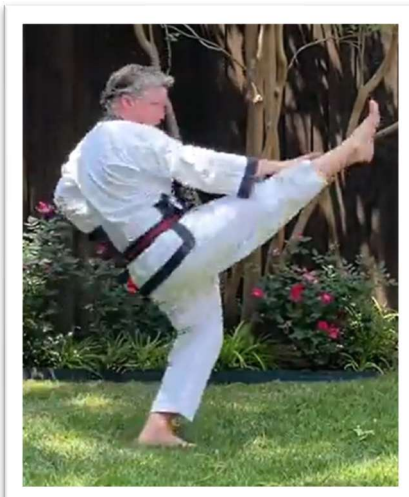
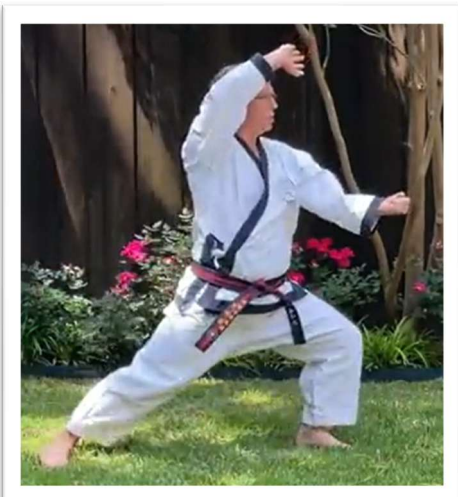
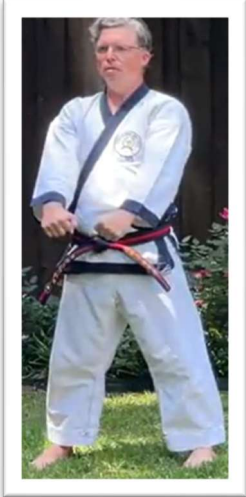
Shift forward reverse high block front stance

Shift back horse stance double elbow block

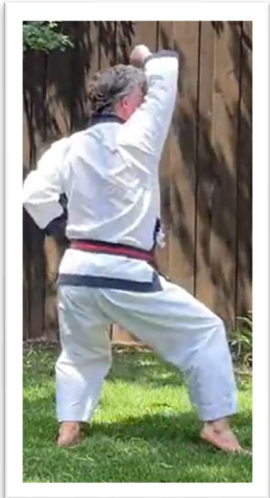
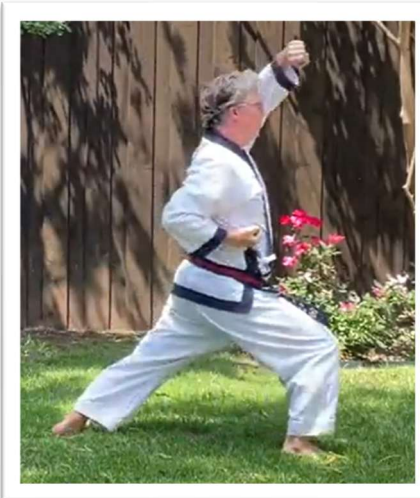
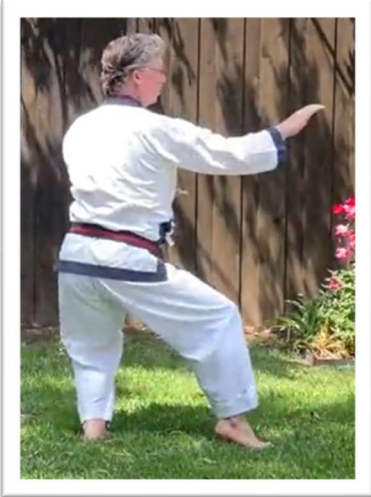
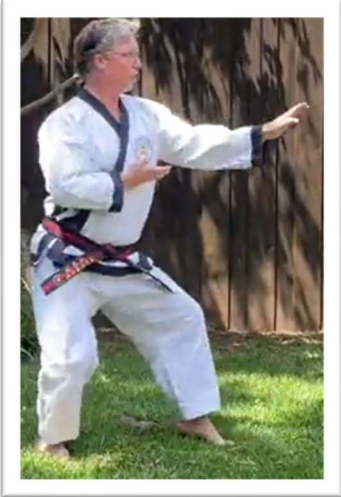
Sip Dan Khum Choong Bee

Choong Bee

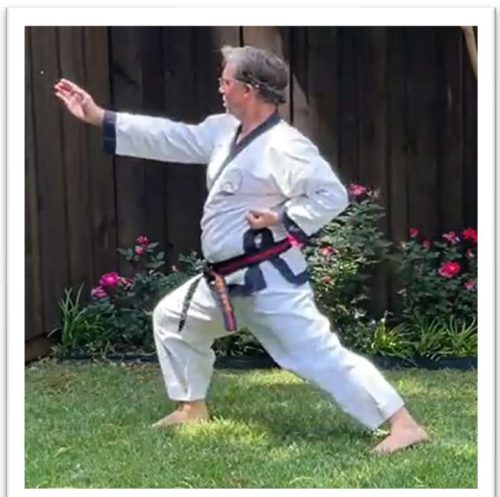
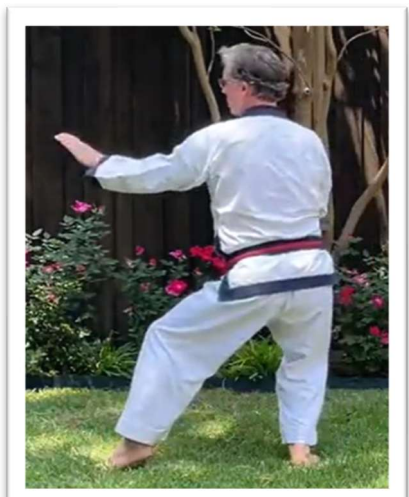
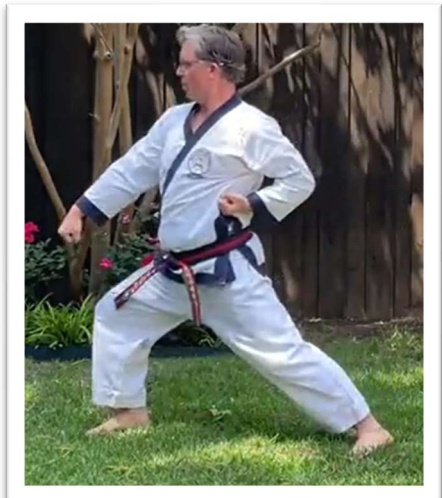
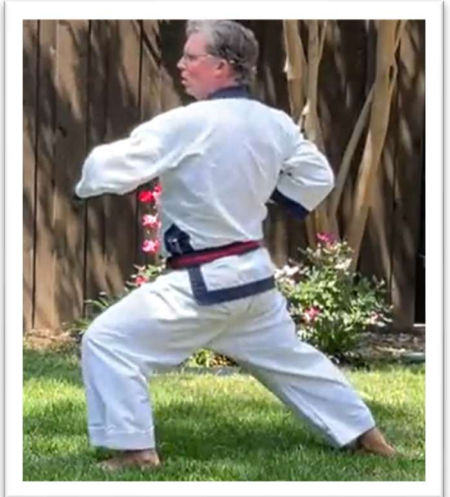
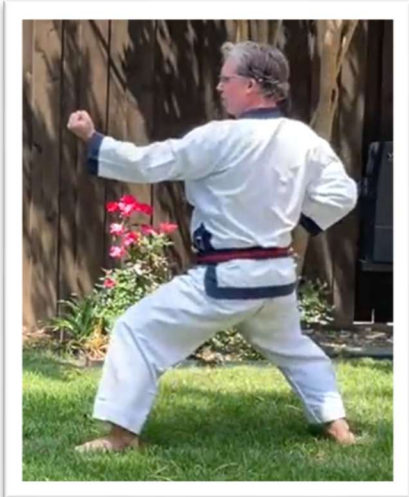
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