

Sip Dan Khum Sa Ro

Chun Bee

Ship Dan Khum Chun Bee

Shift right prepare, lunge into Chak Rip Jaseh reinforced back fist

Shift back circle arms around, pressforward reverse palm heel forward, Soo Do behind

No step high Soo Do

Clear step with reinforced Kwan Soo Kong Kyuk

Stepping be two elbow strikes, reverse punch, front punch

Step side punch, shift back clear, reverse high Soo Do, high Soo Do (Ki Hap)

Shift back double elbow block

Standing Chum Bee

Shift right prepare, lunge into Chak Rip Jaseh reinforced back fist

Shift back circle arms around, pressforward reverse palm heel forward, Soo Do behind

No step circle arms right, reverse high block

Circle arms right, step reinforced Kwon Soo Kong Kyuk

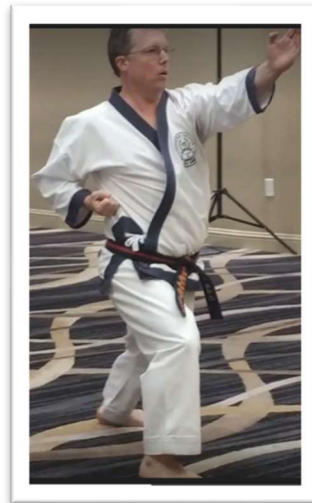
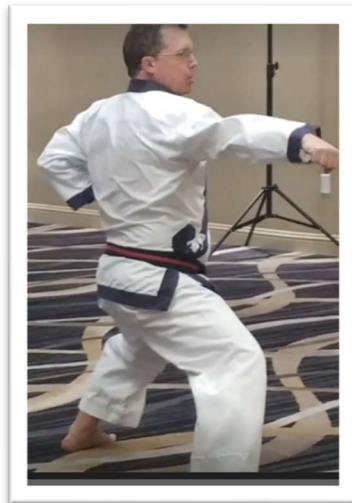
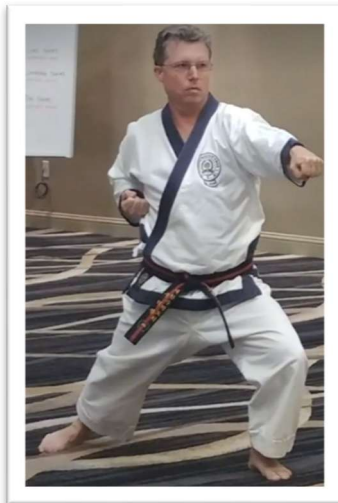
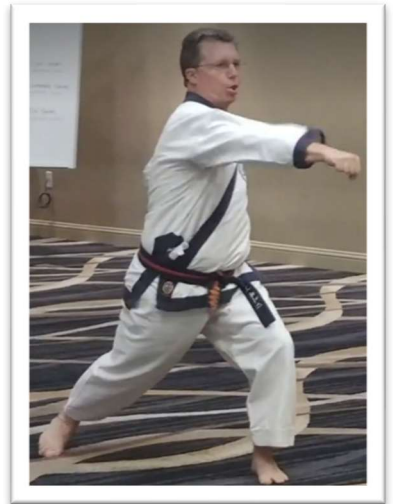
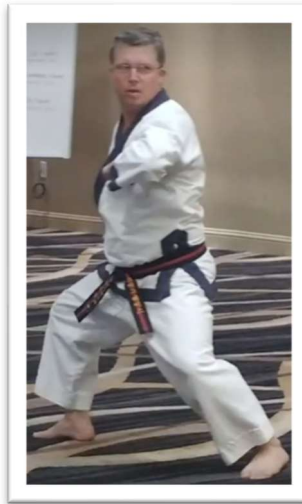
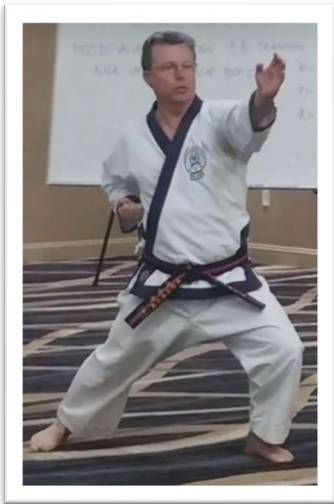
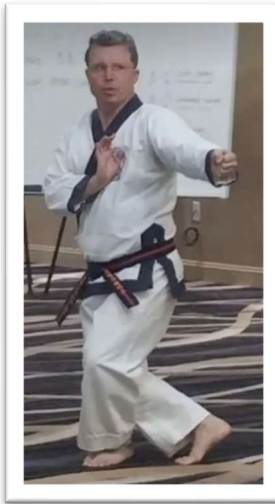
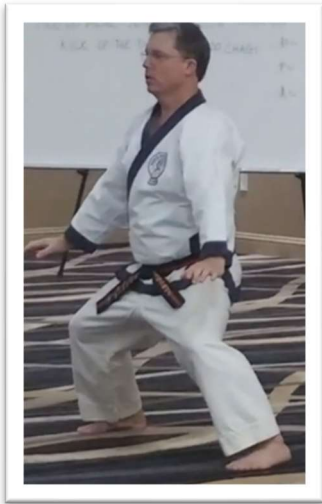
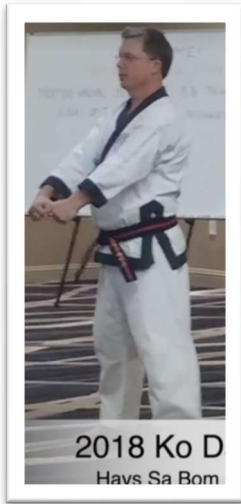
Step outside inside block, reverse outside inside block, outside inside block

Step inside outside block even stance, prepare forward draw back into high block, reverse high block

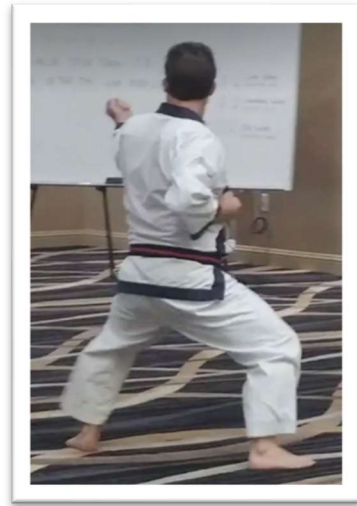
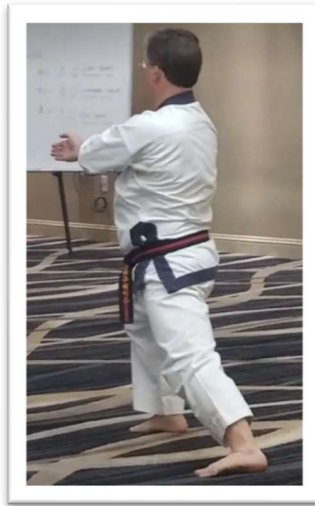
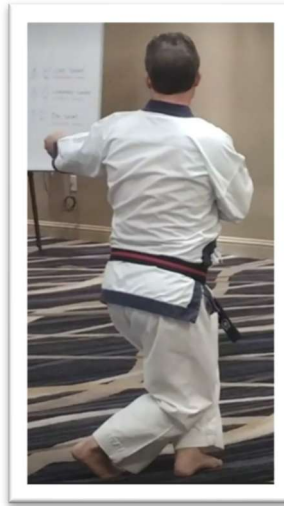
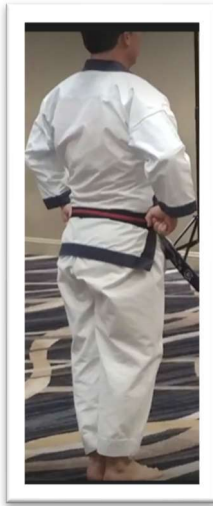
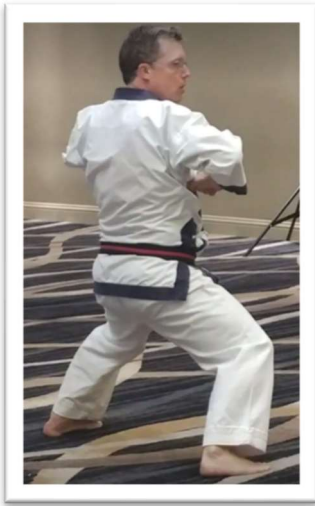
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