

Sip Dan Khum Sam Ro

Chun Bee

Ship Dan Khum Chun Bee

Wak Kyuk Jang Kap Kwon

Turning inside outside block chamber in crook of elbow

Draw back hip shift forward uppercut forward, reverse low Kwon Do behind

Turning two fist middle block

Shift back prepare shift forward reverse inside outside block, uppercut

Shift back double elbow block

Stepping front punch, stepping front punch quickly

Stepping high punch, reverse high punch

Standing Chun Bee

Wak Kyuk Jang Kap Kwon

Turning inside outside block chamber in crook of elbow

Draw back hip shift forward uppercut forward, reverse low Kwon Do behind

Turning two fist middle block

Prepare and draw back into backstance arm to the side, shift forward reverse outside inside block

Shift back double elbow block

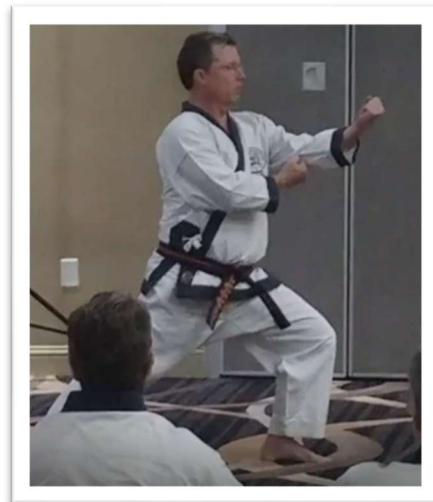
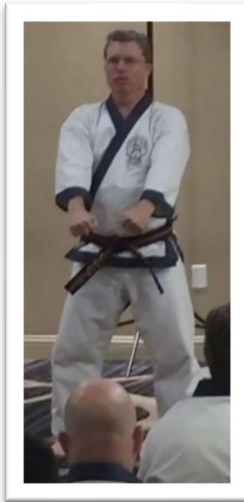
Stepping outside inside block, stepping outside inside block quickly

Stepping high block, reverse high block

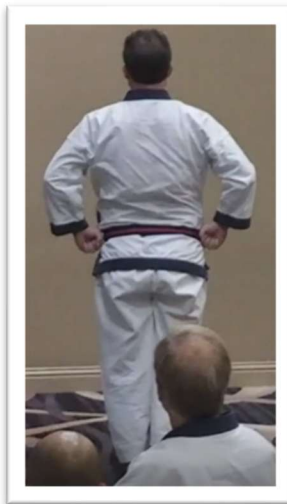
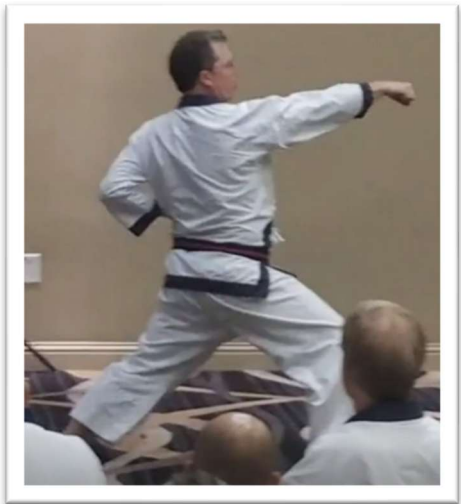
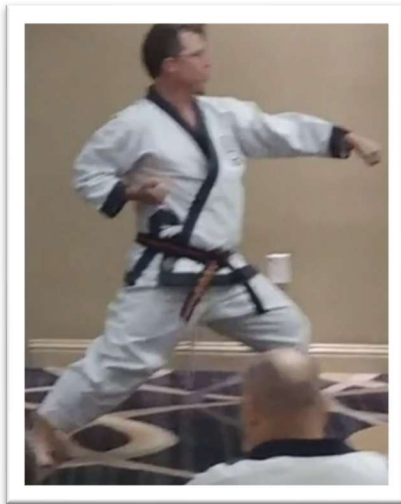
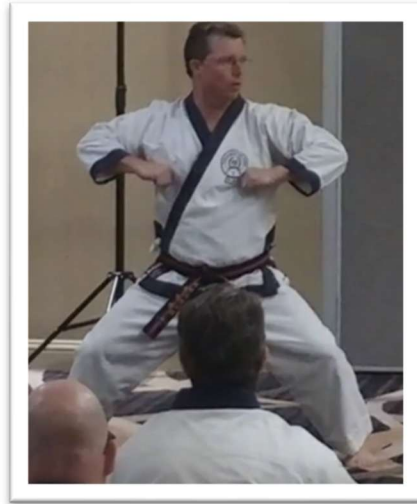
Ship Dan Khum Chun Bee

Chun Bee

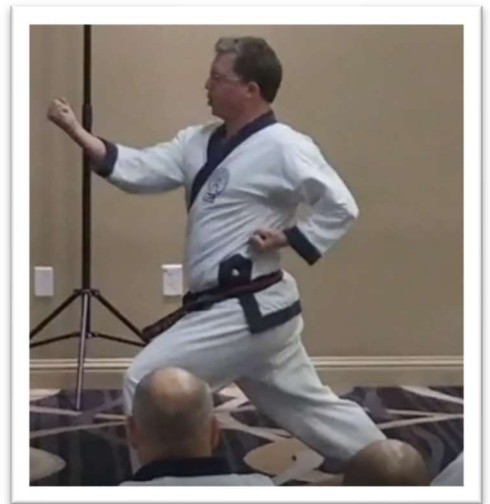
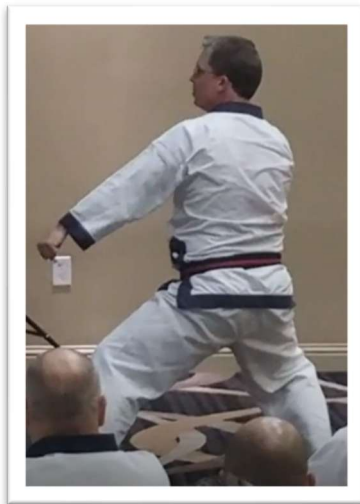
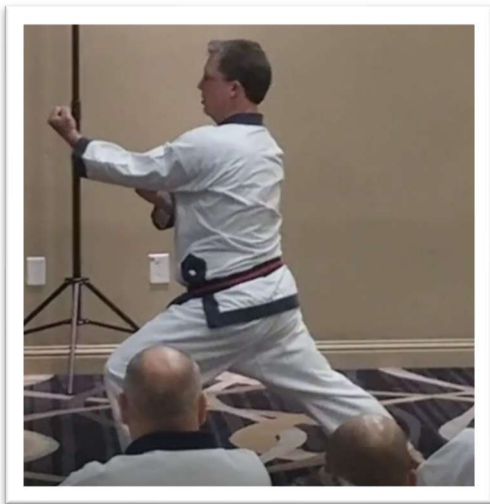
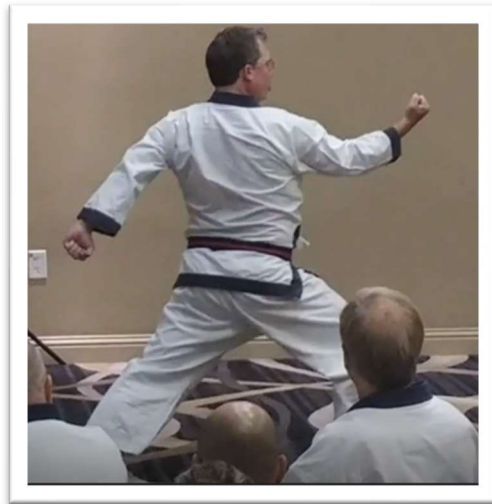
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