

Sip Soo Hyung 73

1. Sip Soo Jhoon Bee Jaseh
2. Right palm up left chamber
3. Left palm up high right palm down low
4. Left palm to right elbow
5. Right hand Soo Do
6. Right hand outside-inside block
7. Left hand outside-inside block
8. Right hand outside-inside block
9. Two fist high x-block
10. Two low blocks slow
11. Cross arms while jumping
12. Land inside-outside blocks
13. Step inside-outside blocks
14. Step inside-outside blocks
15. Step inside-outside blocks
16. Standing low blocks to the sides
17. Right hand Soo Do
18. Palms press
19. Right Yuk Soo Do high block
20. Palms press
21. Right Yuk Soo Do high block
22. Palms press
23. Right high block behind head left low
24. Left high block behind head right low
25. Left hand high block
26. Right hand high block
27. Left hand high block
28. Right hand high block
29. Sip Soo Bo Ro Jaseh

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