

Yuk Ro Cho Dan (Du Mun)

1. Du Mun Jhoon Bee Jaseh
- 2-3. Hwak Kuk Jang Kap Kwon
- 4-7. Push smear moves
8. Push kick
- 9-10. Hwak Kuk Kang Kap Kwon
- 11-14. Push smear moves
15. Switch Yup Mahk Kee
16. Side punch
17. Withdraw Yup Mak Kee
18. Side punch
19. Low high
20. Low
21. Middle
- 22-23. Hwak Kuk Jang Kap Kwon
- 24-27. Push smear moves
28. Push kick
- 29-30. Hwak Kuk Jang Kap Kwon
- 31-34. Push smear moves
35. Switch Yup Mahk Kee
36. Side punch
37. Withdraw Yup Mahk Kee
38. Side punch
39. Low high
40. Low
41. Middle
42. Ba Ro Jaseh

This form has a straight north-south line as its pattern. The eye focus is focused in the direction the line being executed; the focus is north or south. This form is symmetrical in the sense that the north line is the same as the south line.

Du Mun

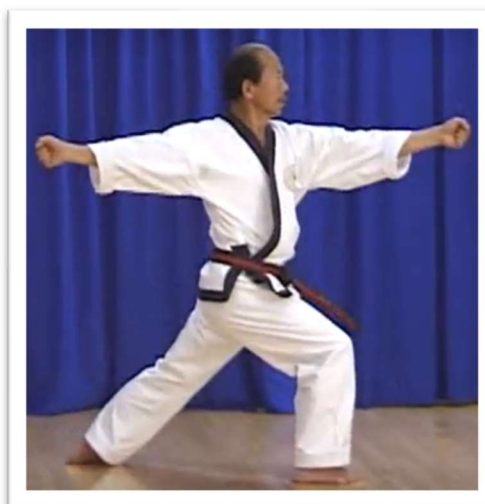
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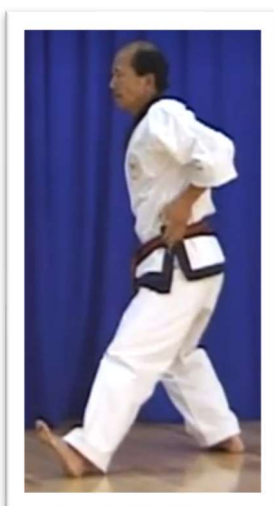
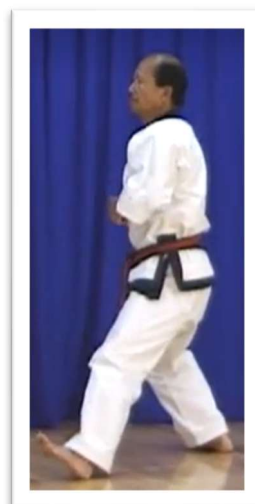
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