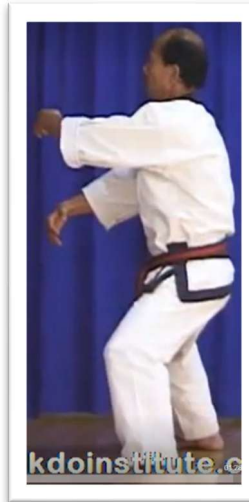


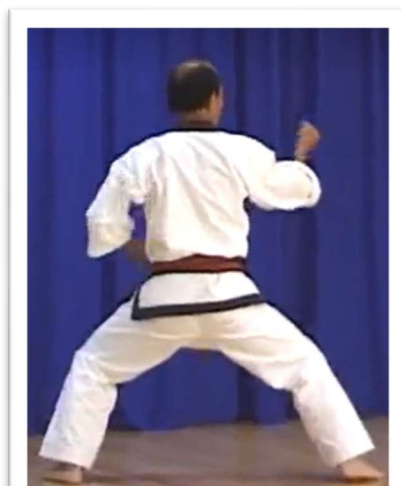
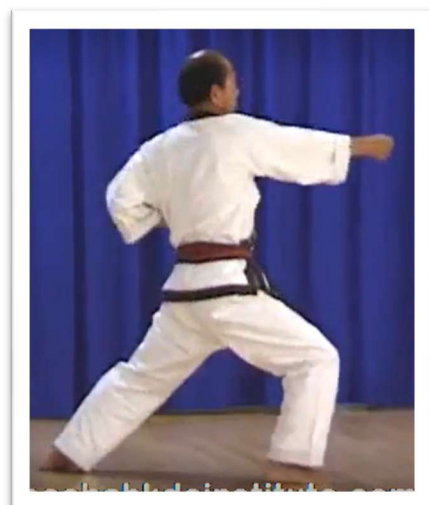
Yuk Ro Sam Dan Hyung (Po Wol)

1. Jhoon Bee Jaseh
- 2-4. Embrace the moon
- 5-8. Huak Kuk Jang Kap Kwon
- 9-10. Huak Kuk Kwan Do
- 11-12. Ridge hand
13. Back fist
- 14-15. Push chop
- 16-19. Inside outside block
20. Middle punch
21. Reverse middle punch
22. Attention stance
- 23-24. Embrace the moon
- 25-28. Huak Kuk Jang Kap Kwon
29. High block
30. Front punch
31. Reverse punch
- 32-33. Ridge hand
34. Back fist
- 35-36. Push chop
37. Low block
38. Hammer fist
- 39-40. High block
41. Reverse punch
42. Punch
43. Ba Ro Jaseh

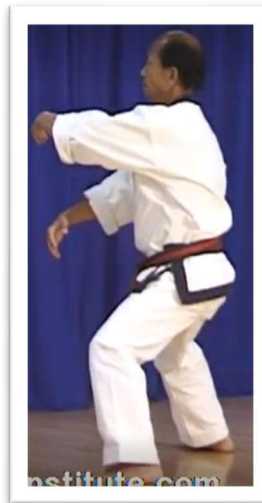
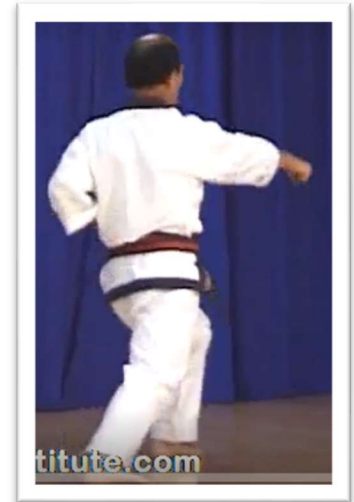
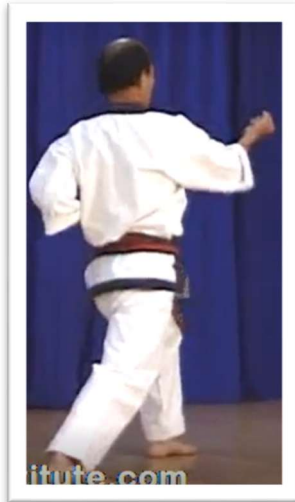
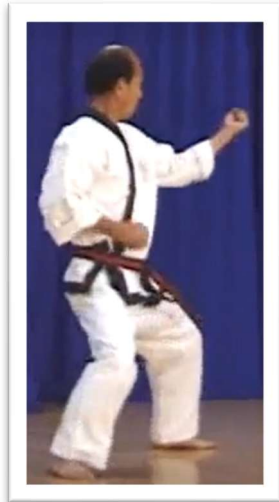
Yuk Ro Sam Dan Hyung (Po Wol)



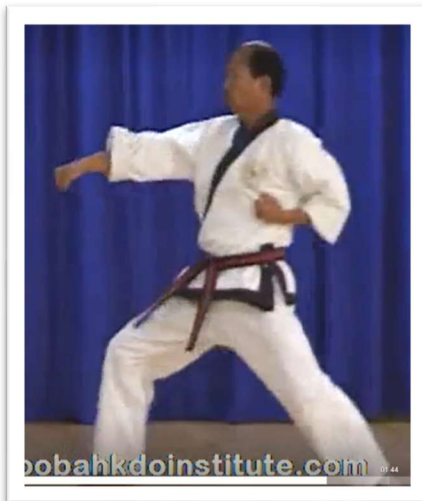
Yuk Ro Sam Dan Hyung (Po Wol)



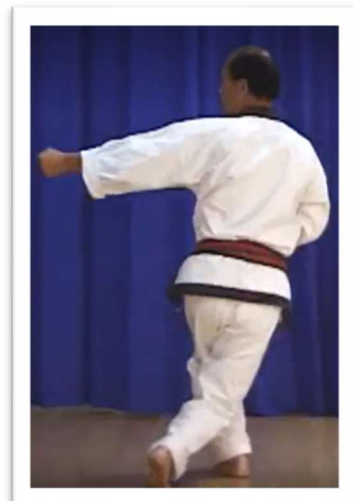
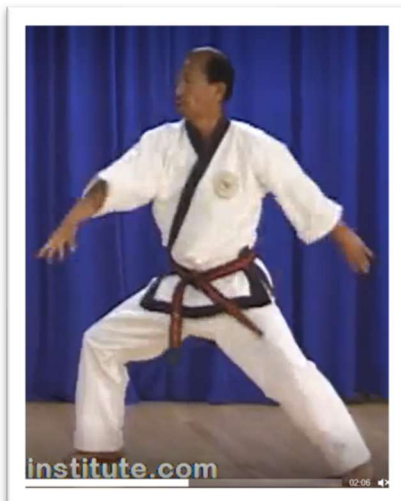
Yuk Ro Sam Dan Hyung (Po Wol)



Yuk Ro Sam Dan Hyung (Po Wol)



2.5"



Yuk Ro Sam Dan Hyung (Po Wol)

