

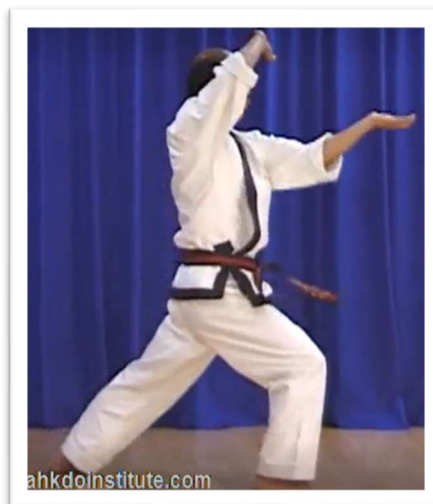
Yuk Ro Sa Dan Hyung (Yang Pyung)

1. Ready stance
2. High Whip
 - a. Step out left front stance, middle punch hand turned up, reverse open hand high block
 - b. Front stance, open hand high block, reverse outside inside open hand strike
3. Step forward with right horse stance, elbow strike
4. High Whip
 - a. Shift to right foot forward front stance, middle punch hand turned up, reverse open hand high block
 - b. Front stance, open hand high block, reverse outside inside open hand strike
5. Step forward with right horse stance, elbow strike
6. Floating Whip
 - a. Shift to left foot forward front stance, extend left hand out to side palm down, reverse push with open palm forward
 - b. Front stance, open hand high block with wrist high, right hand out to side with wrist up
 - c. Front stance, extend left hand out to the side with the hand open wrist up
 - d. Front stance, double high block hands closed
 - e. Front stance, lower both hands to sides with palms open (double low blocks to side)
7. Retreating with left foot front stance, cross arms at elbows and open them in a double inside outside block with hands open and palms facing in
8. Step forward with the left horse stance, double high inside outside blocks hands closed
9. Two Sets of Block Kick
 - a. Shifting forward into a front stance, rear low block, front low block
 - b. Front stance, reverse hammer fist, hammer fist
 - c. Front stance, reverse front hook punch/block, front thrusting kick
 - d. Setting front stance, reverse front hook punch/block, front thrusting kick
10. Setting forward back stance, reinforced open hand inside outside block
11. Stepping forward right back stance, reinforced open hand inside outside block
12. Shifting forward front stance, low block
13. Lunging forward front stance, middle punch
14. Turning left front stance, two fist middle block
15. High Whip
 - a. Step out right front stance, middle punch hand turned up, reverse open hand high block (offensive hip)
 - b. Front stance, open hand high block, reverse outside inside open hand strike
16. Step forward with left horse stance, elbow strike
17. High Whip
 - a. Shift to left foot forward front stance, middle punch hand turned up, reverse open hand high block
 - b. Front stance, open hand high block, reverse outside inside open hand strike
18. Step forward with right horse stance, elbow strike
19. Floating Whip

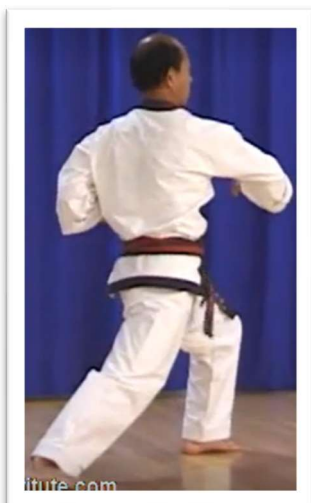
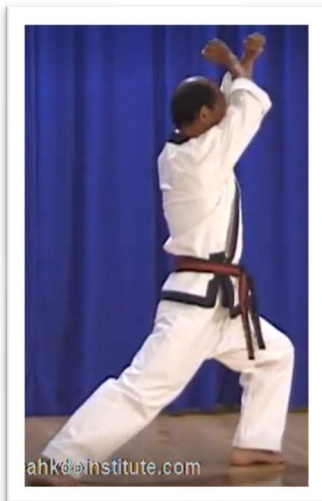
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- a. Shift to right foot forward front stance, extend left hand out to side palm down, reverse push with open palm forward
 - b. Front stance, open hand high block with wrist high, right hand out to side with wrist up
 - c. Front stance, extend left hand out to the side with the hand open wrist up
 - d. Front stance, double high block hands closed
 - e. Front stance, lower both hands to sides with palms open (double low blocks to side)
 - f. Front stance, open hand inside outside block
20. Shift left foot to horse stance, double high inside outside blocks hands closed
21. Two Sets of Block Kicks
- a. Shifting forward into a front stance, rear low block, front low block
 - b. Front stance, reverse hammer fist, hammer fist
 - c. Front stance, reverse front hook punch/block, front thrusting kick
 - d. Setting front stance, reverse front hook punch/block, front thrusting kick
22. Setting forward back stance, reinforced open hand inside outside block
23. Stepping forward left back stance, reinforced open hand inside outside block
24. Shifting back left back stance, low block
25. Double Spears
- a. Stepping forward left front stance, spear hand reinforced
 - b. Front stance, reverse spear hand
26. Ba Ro Jaseh

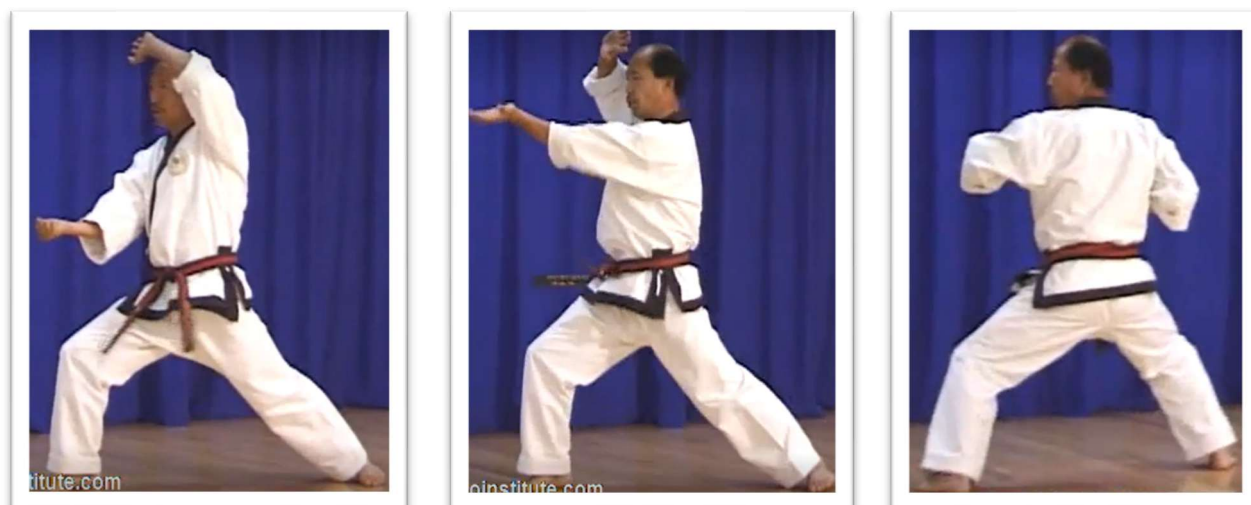
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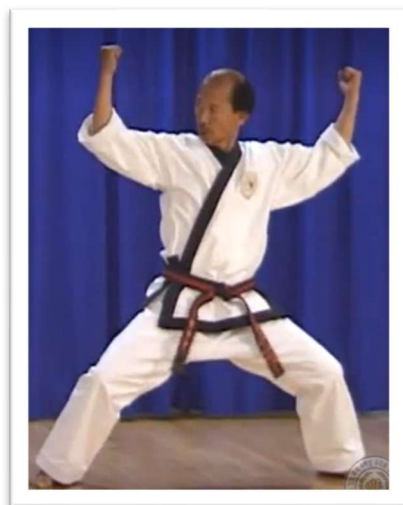
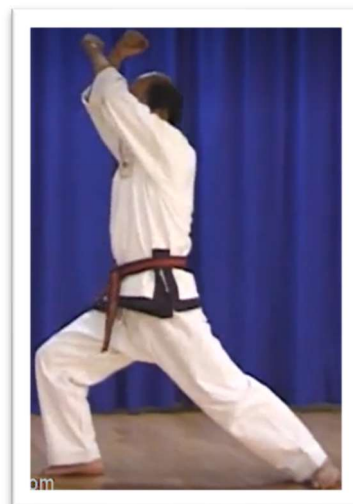
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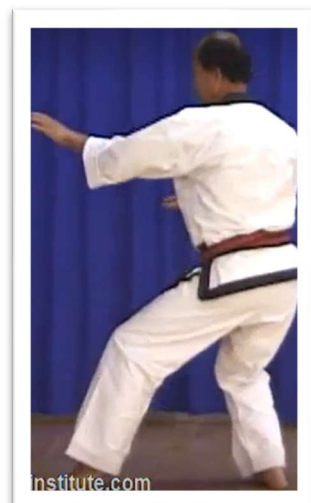
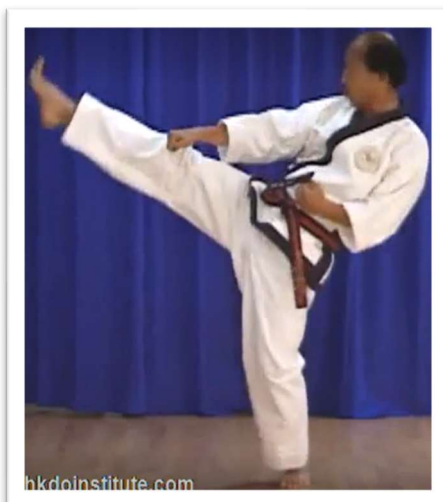
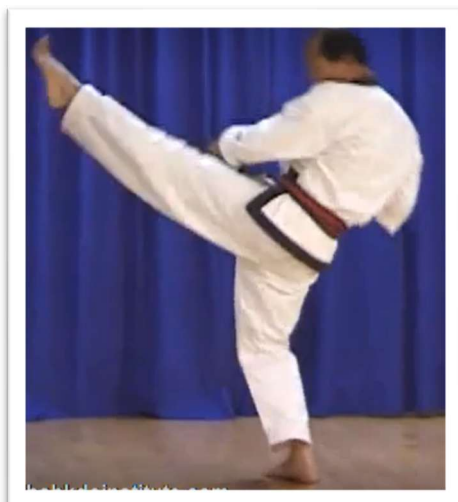
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