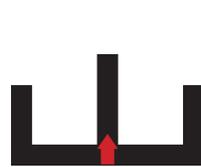
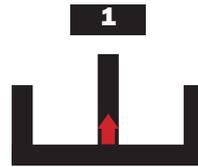


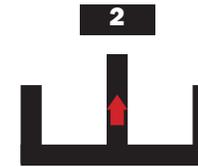
Kumgang Poomse (page 1 of 2)



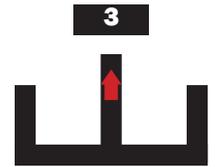
Choon bi



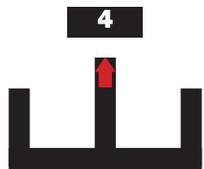
Step forward with left foot into left front stance; hands crossed in front (right arm on top of left arm), then uncross to double outer blocks;



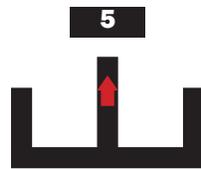
Step forward with right foot into right front stance and execute a right hand palm strike.



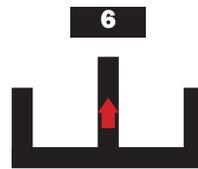
Step forward with left foot into left front stance and execute left hand palm strike.



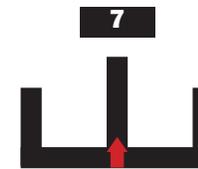
Step forward with right foot into right front stance and execute right hand palm strike.



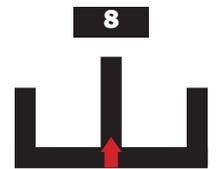
Step backward with right foot into right back stance and execute left hand inner knife block.



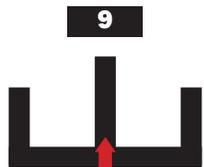
Step backward with left foot into left back stance and execute right hand inner knife block.



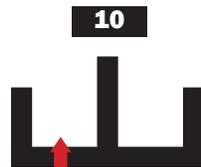
Step backward with right foot into right back stance and execute left hand inner knife block.



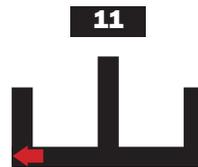
Balancing on right foot, lift left foot up next to knee on right leg, and execute left hand low block and right hand high block while turning head 90° to the left.



With hands cocked at right hip and keeping head turned to the left, step down with left leg into wide horse stance and execute right hook punch and left elbow strike to rear.

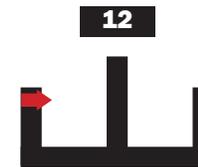


With hands cocked at right hip and keeping head turned to the left, pivot on left foot; turn 360° to the left, step down with left leg and land in a horse stance while executing a right hook punch and left elbow strike to rear.

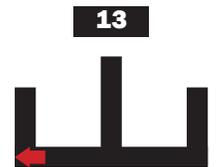


With hands cocked at right ear, lift right foot and turn 90° to the left and land with right foot into a horse stance. Execute mountain block.

Ki-ap!



While lifting left leg, pivot on right foot and turn body to the right 180° and land with left leg into horse stance. Bring left leg in next to right leg and execute double outer blocks.



While lifting left leg, pivot on right foot and turn body to the right 180° and land with left leg into horse stance. Execute mountain block.

Kumgang Poomse (page 2 of 2)

14



Turn 90° to the right while keeping stance but carefully pivoting both feet forward. Balancing on left foot, lift right foot up next to knee on left leg, and execute right hand low block and left hand high block. Then turn head 90° to the right.

15



With hands cocked at left hip, step down with right leg into wide horse stance and execute left hook punch and right elbow strike to rear.

16



With hands cocked at left hip, pivot on right foot; turn 360° to the right, step down with right foot and land in a wide horse stance while executing a left hook punch and right elbow strike to rear.

17



Balancing on left foot, lift right foot up next to knee on left leg, and execute right hand low block and left hand high block while turning head 90° to the right.

18



With hands cocked hands at left hip, step down with right foot into wide horse stance. Execute left hook punch and right elbow strike to rear.

19



With hands cocked hands at left hip, pivot on right foot; turn 360° to the right, step down with right foot and land in a wide horse stance while executing a left hook punch, right elbow strike to rear.

20



With hands cocked at left ear, lift left foot and turn 90° to the left and land with left foot into a horse stance. Execute mountain block.

Ki-ap!

21



While lifting right leg, pivot on left foot and turn body to the left 180° and land with right leg into horse stance. Execute double outer blocks

22



Draw right foot into ready stance. Execute five-second double low blocks.

23



While lifting right leg, pivot on left foot and turn body to the left 180° and land with right leg into horse stance. Execute a mountain block.

24



Pivot on left foot while turning body backward to the left 90°. Balancing on right foot, lift left foot up next to knee on right leg, and execute left hand low block and right hand high block. Then turn head 90° to the left.

25



With hands cocked hands at right hip, step down with left foot into wide horse stance. Execute right hook punch and left elbow strike to rear.

26



With hands cocked hands at right hip and keeping head turned to the left, pivot on left foot; turn 360° to the left, step down with left foot and land in a wide horse stance while executing a right hook punch, left elbow strike to rear.

27



Wait for Baro!
Slide left foot to the right foot.
Return to original position.



JUNG DO KWAN
MARTIAL ARTS