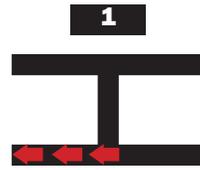


# Taebek Poomse (page 1 of 2)

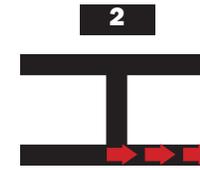


**Choon bi**

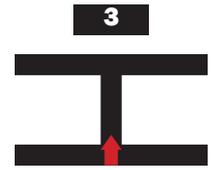


Pivot on right foot, turn 90° to the left. Move left foot forward into a left tiger stance. Bring both knife hands up from waist to eye level, with left hand crossing in front of right, swiftly slice hands down and away from the hips. Execute high right front snap kick. Drop into a right forward stance. Execute right then left middle punches.

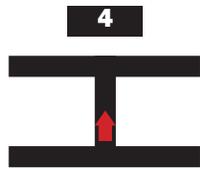
**Ki-ap!**



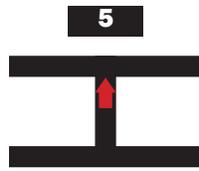
Pivoting on left foot, turning 180° to the right in a right tiger stance. Bring both knife hands up from waist to eye level, with right hand crossing in front of left, swiftly slice hands down and away from the hips. Execute high left front snap kick. Drop into a left forward stance. Execute left, then right middle punches.



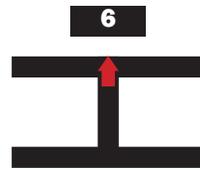
Pivoting on the ball of the right foot, turn 90° to the left into a left forward stance and execute a high knife hand strike with the right hand and a high knife hand block with the left hand.



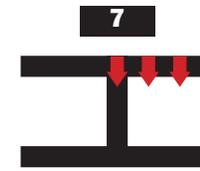
With the left foot fixed, step forward with right foot into a right forward stance while bringing the right hand down in a circular or scooping motion. Execute a left middle punch.



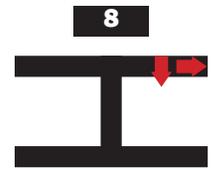
With the right foot fixed, bring the left hand down in a scooping motion. Step forward with left foot into a left forward stance and execute a right middle punch.



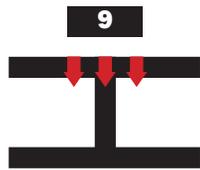
With the left foot fixed, move the right hand down in a circular or scooping motion. Then move the right foot into a right forward stance and execute a middle section punch with the left fist.



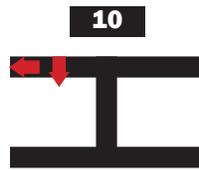
With the left foot fixed, move the right foot, turn the body to the left 270° by moving the left foot into a right back stance. Execute double wrist block (right arm up, left arm below). Move left fist to right shoulder. Execute right uppercut punch followed by left middle side punch.



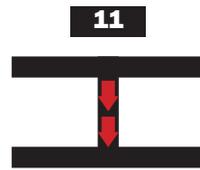
With right foot fixed, slide left foot in and up into crane stance. Execute simultaneous left side kick and left side punch. Step down with left foot into left front stance. Execute right elbow strike into left palm.



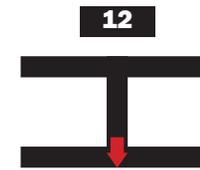
Turn head 180° to the right, bring feet together briefly, slide right foot forward while turning 90° to the right into left back stance. Execute double wrist block (left arm up, right arm below). Move right fist to left shoulder. Execute left uppercut punch followed by right middle side punch.



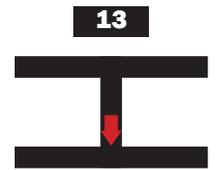
With left foot fixed, slide right foot in and up into crane stance. Execute simultaneous right side kick and right side punch. Step down with right foot into right front stance. Execute left elbow strike into right palm.



Turn head left 90°, slide left foot forward into right back stance. Execute middle double knife hand block with left hand.



With left foot fixed, slide right foot forward into right forward stance. Execute right middle spear hand with left open hand block under elbow.



Pivoting on right foot, turn body to left 90°, bring left foot forward into left forward stance (with right arm behind back and left back fist in back stance).

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14



Turning to the left again 90°, move left foot into right back stance. Execute high back fist with the left hand. Step forward with right foot and execute right middle punch.

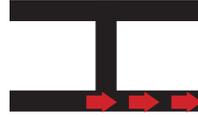
**Ki-ap!**

15



Pivoting right foot, turn 270° to the left, moving left foot around into a left forward stance. Execute scissors block by using the right wrist to block the middle section and the left wrist to block the lower section. Execute high right front snap kick. Drop right leg into a right forward stance. Execute right middle punch followed by left middle punch.

16



Pivoting on the left foot, turn 180° to the right, moving right foot around into a right forward stance. Execute scissors block by using the left wrist to block the middle section and the right wrist to block the lower section. Execute high left front snap kick. Drop left leg into a left forward stance. Execute left middle punch followed by right middle punch.

17



Wait for Baro!

Pivoting on the right foot, turn 90° to the left, moving left foot around into original position.



JUNG DO KWAN  
MARTIAL ARTS