

## Juchum seogi: 19 basic movements

- Chunbee stance (ready stance)
  - Charyut (attention stance) and Kyongneh (Bow)
  - Chunbee stance (ready stance)
1. Left middle punch (JS)
  2. Right middle punch (JS)
  3. Left middle punch (JS)
  4. Right middle punch (JS)
  5. Double middle punch (left and right / JS)
  6. Double middle punch (left and right / JS)
  7. Right low block (JS)
  8. Left low block (JS)
  9. Right middle block (JS)
  10. Left middle block (JS)
  11. Right high block (JS)
  12. Left high block (JS)
  13. Turn left (90 degree) left low block, right middle punch (FS)
  14. Turn right (180 degree) right middle outer block, left middle punch (FS)
  15. Turn left (90 degree) left arm high block double palm strike (target; Chin / FS)
  16. High front kick and turn around 180 degree (fighting stance / FS)
  17. Right foot step forward, left leg high front turning kick and turn around 180 (FS)
  18. Left leg middle sidekick and turn 180 degree to back kick ready stance.
  19. Right back kick and draw the kicking foot back to the position.
- Bahro; Right foot turn 180 to left and Chunbee position.  
☺ FS; front stance / JS; Juchum seogi stance = Horseback riding stance)

### ➤ Key point;

1. Stay focused on the direction (don't look on the floor)
2. Use correct stances
3. Acknowledge the exact blocks and striking points.
4. Do not forget to Kihap with every action.