

## Kyorugi stance: 20 movements

- Chunbee
  - Charyut and Kyongneh
  - Chunbee and Kyorugi stance
1. Left middle block (FS)
  2. Right middle punch (FS)
  3. Turn around 180 degrees to the right, right low block (FS)
  4. Left middle punch ( FS )
  5. Turn left 90 degrees, left high block (FS)
  6. Right middle punch (FS)
  7. Slight jumping left turn 180 degrees, left Knife-hand chop (target; neck / FS)
  8. Right palm strike (target; Chin / FS )
  9. Turn right foot 90 degrees to right, middle wedge block (FS)
  10. Double high punch (target; Chin / FS)
  11. Right elbow strike to behind (BS)
  12. Right foot turn 90 degrees to left as right elbow strike (JS)
  13. Right foot turn 180 degrees to left as left outer middle block, right upper cut (JS)
  14. Slight jumping and double chop (left, right) to neck (JS)
  15. Right foot turn 90 degree to right mountain block (BS)
  16. Right inside crescent kick (parallel stance / easy stance)
  17. Left foot turn 90 degrees to left, right middle punch (JS)
  18. Left foot turn 180 degrees to right, mountain block ( BS )
  19. Left Knee up high and double middle punch (FS)
  20. Right high front kick (target; Chin ), swing both arms up and circle down, side block ( parallel stance / easy stance )

Bahro; Left foot slightly move back in to Chunbee stance.

☺ FS; front stance / BS; back stance / JS; Juchum seogi 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.