

Ki-Bon ()

14 Movements

"Beginning."

Ready Stance A

1. Left Low Block - Left Front Stance
2. Right Punch Middle - Right Front Stance
3. Left Inner Forearm Block - Left Back Stance
4. Right Punch Middle - Right Front Stance
5. Left High Block - Left Front Stance
6. Right Front Kick
7. Right Low Block - Right Front Stance
8. Left Middle Punch - Left Front Stance
9. Right Inner Forearm Block - Right Back Stance
10. Left Middle Punch - Left Front Stance
11. Right High Block - Right Front Stance
12. Left Front Kick
13. Left Hammer Fist - Sitting Stance
14. Right Hammer Fist - Sitting Stance