

Bek Ho Poomsae Eel Jang (White Tiger First Form) – White Belt

Starting from Joon Bee Stance.

Turn left into long stance with left hand low block
Step forward with right leg into long stance with right hand punch
Step forward with left leg into long stance with left hand punch

Leaving left hand punch up, put right hand on left shoulder, place your right foot behind left foot and turn around (180) to the right stopping with feet together, from there

Step with right foot into long stance and right hand low block
Step into long stance with left leg and left hand punch
Step into long stance with right leg and right hand punch

Leaving right hand punch up, put left hand on right shoulder, then pivot on the balls of your feet to the left (towards front- 90) and remaining in long stance with not step, do left hand low block, right hand punch and left hand punch (yell)

Step with right foot into long stance and right hand punch
Step into long stance with left leg and left hand punch
Leaving left hand punch up, put right hand on left shoulder, place your right foot behind left foot and turn around (180) to the right stopping with feet together, from there

Step with right foot into long stance and right hand low block, left hand punch, right hand punch, yell
Step into long stance with left leg and left hand punch
Step into long stance with right leg and right hand punch

FINISHED!