

BEK HO POOMSAE EE-JANG (Yellow Belt)

From Joon-Bee Stance (Ready Stance)

Turn left and step with left foot into long stance with left hand low block (low block should begin from left punch hand on right shoulder)

Step with right foot into long stance and right hand punch

Step with left foot into long stance and left hand punch.

Now place right punch on left shoulder, place right foot behind left foot and turn to the right 180 degrees.

Now step right foot into long stance and right hand low block

Step left foot into long stance and left hand punch

Step right foot into long stance and right hand punch

Now place left punch on right shoulder, up on toes and pivot to the left, 90 degrees, now facing front again, now in left foot long stance (without taking a step)

Left hand low block and punch right and left (no steps) – Kiyap (yell)

Front snap kick with right foot, land in front with walking stance and right hand chop, left hand punch

Left leg roundhouse kick, land in front with walking stance, left hand chop, right hand punch

Right leg side kick, land in horse stance, punch left, then right – Kiyap(yell). (hold punch there)

Open right hand punch, make a chop. Move to the far side of your neck and push off your right foot, turn around 180 degree to the right into walking stance and right hand chop, left hand punch.

Left leg front snap kick, and in walking stance with left hand chop, right hand punch.

Right leg kick roundhouse, land in walking stance with right hand chop, left hand punch.

Left leg side kick, land in horse stance, right , then left hand punch – Kiyap (yell)