

The Blue Wave Taekwondo Association – Student Manual
KIBON II – Basic Movement number 1.

Joon Bi



1



2



Begin in Joon Bi
1 – 2: Step with your left foot into Extended Parallel stance, do a Left Low Block followed by Right Low Block

3



4



3 - 4
Left Middle circular Block followed by Right Middle circular block

5



6



5 - 6
Left High Block followed by Right High block

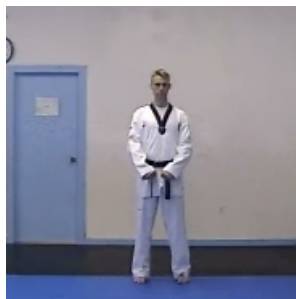
7



8



7 -8 Left – right double middle punch – Kihap
- *Ba Roh*



Ba ro