

**KIBON Sam – Basic Movement number 3**

**Joon Bi**



**1**



**2**



*Begin in Joon Bi*

1 – 2: Move your left leg into an extended parallel stance and turn your head to the left, do a left single knife hand block to the side, followed by the same technique to the right

**3**



**4**



3 – 4: Turn your head to the left; bring your left hand over your right shoulder and do a double knife hand low block to the left. Swing both arms around in a circle to do another double knife hand low block to the right.

**5**



**6**



5 – 6: Turn your head to the left, do a double knife hand middle block to the left. Turn your head to the right and do a double knife hand middle block to the right.

**7**



**8**



7 -8: Turn your head facing forward; perform a spear finger strike left, then right – Kihap.  
- *Ba Roh*



**Ba Ro**