

The Blue Wave Taekwondo Association – Student Manual
KIBON Oh – Basic Movement number 5.



1. Begin in Joon Bi Position; step out to the left (at a 45° angle) into a left extended parallel stance looking left. Step over side stretch with your left leg, land in an extended parallel stance.



2. Turn head 180°, step over side stretch to with your right leg, land in an extended parallel stance. Turn head 180°.



3. Step over side kick with your left leg, land in an extended parallel stance, turn head 180°, step over side kick with Left Leg.

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4. Land in extended Parallel stance, and turn head 180°, (back leg) side kick with your right leg, land in an extended parallel stance.



5. Continue in same direction, (back leg) double side kick with your left leg (**kiyap**), land in an extended parallel stance, turn head 180° (back leg) side kick with your left leg, land in an extended parallel stance.



6. Continue in same direction, (back leg) double side kick with your right leg (**kiyap**), land in an extended parallel stance. Pull left leg stepping back into ready stance.