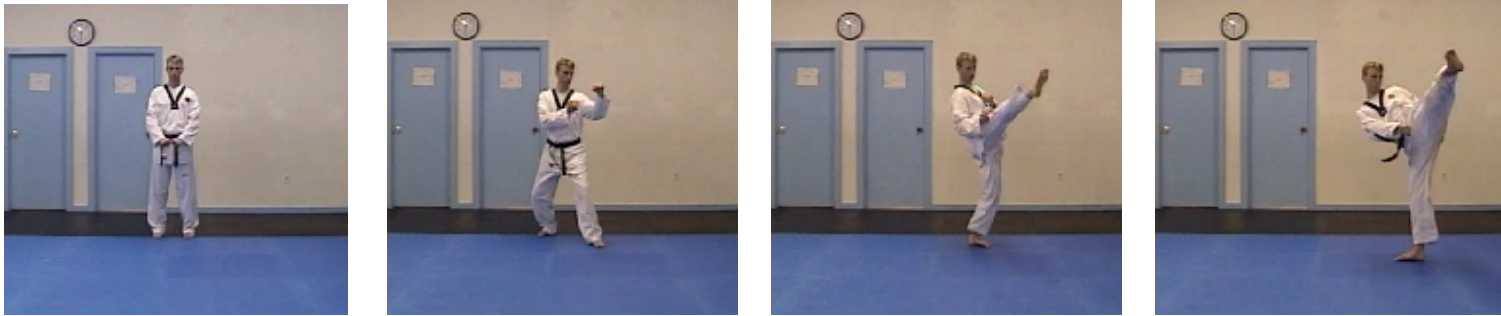
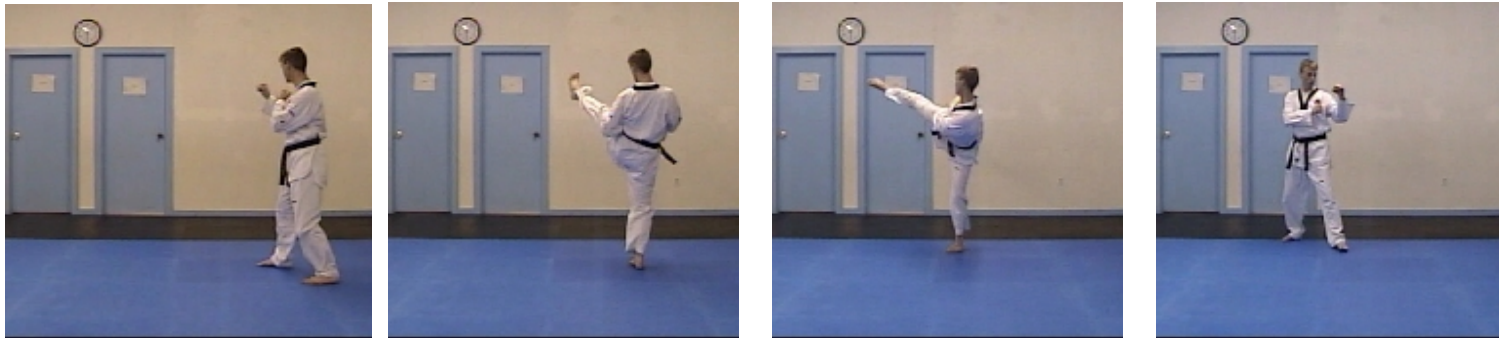


The Blue Wave Taekwondo Association – Student Manual
KIBON Yuk – Basic Movement number 6.



1. Begin in Joon Bi Position; step out to the left (at a 45° angle) in a back Stance. Execute a right front kick, followed by a left round house kick combination.



2. Turn head 180°, and execute a right front kick, followed by left round house kick combination, turn 180°.



3. Execute a right round house kick, followed by left spinning side kick combination, turn 180°, repeat the combination this time kicking left, followed by right.

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4. Turn 180° in back stance, execute a Right Round house kick, followed by left Spin hook kick, recovering with the kicking foot behind you, execute high section left Round house kick. (Kiap)



5. Turn 180° in back stance, execute a Left Roundhouse kick, followed by right Spin hook kick, recovering with the kicking foot behind you, execute high section right Round house kick. (Kiap).



6. Turn 180° in back stance, draw the left leg back into ba-ro.