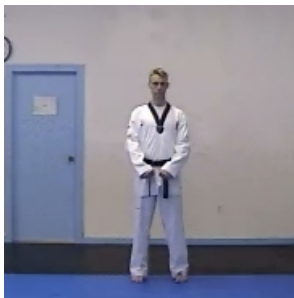
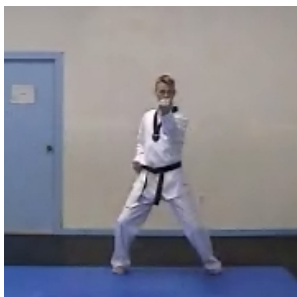


The Blue Wave Taekwondo Association – Student Manual
KIBON Ee – Basic Movement number 2

Joon Bi



1



2



Begin in Joon Bi

1 – 2: Move your left leg out into an extended parallel stance, then facing forward do 2 inward middle blocks, first left, then right.

3



4



3 – 4 Turn right (head first always) pivoting feet into extended stance, and do a left hand inward knife hand strike. Turn to the left, pivoting feet into extended stance, and do a right inward knife hand strike

5



6



5 – 6 Turn to the right, pivoting feet into extended stance and swing left arm around to do a single knife hand low block, blocking the groin. Turn to the left, pivoting feet into extended stance and swing right arm around to do a single knife hand low block, blocking the groin

7



8



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



Ba Ro