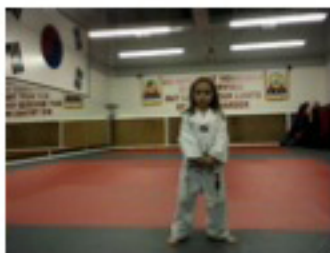


Ten Basic Motion



Cha-Ryut : Attention



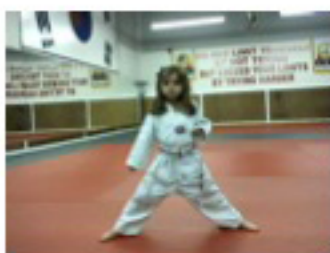
Joon-Bee : Ready stance



Horse back riding stance



One - down block



Two – down block



Three – high block



Four – high block



Five – inner block



Six – inner block



Seven – high punch



Eight – High punch



Nine – Middle punch



Ten – Ki Yap



Cha-Ryut : Attention



Kyuk-Rye : Bow