

# IL YUN POOMSE

## *JOON-BI*

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W / LEFT, HIGH BLOCK W / LEFT, PUNCH W / RIGHT, BONDUL KICK W / RIGHT.
3. TURN RIGHT (180 DEGREES) IN A RIGHT FRONT STANCE, DOWN BLOCK W / RIGHT, HIGH BLOCK W / RIGHT, PUNCH W / LEFT, BONDUL KICK W / LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W / LEFT, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W / LEFT-RIGHT, STEP INTO A RIGHT FRONT STANCE, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W / RIGHT-LEFT.  
CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W / RIGHT AND DOWN BLOCK W / LEFT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W / RIGHT, AND DOWN BLOCK W / LEFT.  
ILBO CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W / LEFT AND DOWN BLOCK W / RIGHT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W / LEFT, AND DOWN BLOCK W / RIGHT.
5. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W / LEFT, OUTSIDE MIDDLE BLOCK W / RIGHT, PUNCH W / LEFT, FRONT KICK W / RIGHT.
6. TURN RIGHT (180) INTO A RIGHT FORNT STANCE, DOWN BLOCK W / RIGHT, OUTSIDE MIDDLE BLOCK W / RIGHT, PUNCH W / LEFT, FRONT KICK W / LEFT.
7. TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W / RIGHT, CHON JIN STEP BACKFIST W / RIGHT, PUNCH W / LEFT, ROUNDHOUSE KICK W / LEFT, DOWN BLOCK W / LEFT, CHON JIN STEP BACKFIST W / LEFT, PUNCH W / RIGHT, ROUNDHOUSE KICK W / RIGHT
8. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W / LEFT, TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W / RIGHT.
9. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W / RIGHT, TURN LEFT (360 DEGREES) INTO A LEFT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W / LEFT.

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# E YUN POOMSE

## *JOON-BI*

1. BOXING STANCE
2. TURN LEFT (90) INTO A LEFT FRONT STANCE, DOWN BLOCK W / LEFT, PUNCH W / RIGHT, BONDUL KICK W / RIGHT.
3. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W / RIGHT, PUNCH W / LEFT, BONDUL KICK W / LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W / LEFT, PUNCH W / RIGHT, ROUNDHOUSE KICK W / RIGHT, INSIDE MIDDLE BLOCK W / RIGHT, PUNCH W / LEFT, ROUNDHOUSE KICK W / LEFT.
5. FACE RIGHT (90 DEGREES) DOUBLE FRONT KICK W / LEFT THEN RIGHT, DOUBLE PUNCH W / RIGHT THEN LEFT.
6. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, FRONT KICK W / LEFT THEN RIGHT, DOUBLE PUNCH W / RIGHT THEN LEFT.
7. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W / LEFT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W / RIGHT, ROUNDHOUSE KICK W / RIGHT.
8. TURN LEFT (180 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W / RIGHT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W / LEFT, IL BO CHUN JIN STEP ROUNDHOUSE KICK W / LEFT.
9. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, HIGH BLOCK BRINGING OPPONENTS ATTACKING ARM DOWN IN A LEFT-HALF CIRCLE TO YOUR LOWER FRONT HOLDING THEIR ARM AND STEPPING W / RIGHT AND HAMMER FIST W / RIGHT SMASHING ELBOW, LEFT KNEE TO RIBS RETURNING TO RIGHT FRONT STANCE, LOOKING OVER LEFT SHOULDER W / LEFT ELBOW STRIKE TO MID SECTION THEN PALM STRIKE TO GROIN AND BACKFIST TO FACE ALL W / LEFT, JUMPING BACK KICK W / RIGHT LANDING IN A LEFT FRONT STANCE.
10. FACING FORWARD BONDUL W / RIGHT RETURNING INTO A LEFT FRONT STANCE, BACK KICK W / RIGHT LANDING INTO LEFT FRONT STANCE.

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# **SAM YUN POOMSE**

## *JOON-BI*

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W / LEFT, JAB PUNCH W / LEFT, PUNCH W / RIGHT, ROUNDHOUSE KICK W / RIGHT.
3. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W / RIGHT, JAB PUNCH W / RIGHT, PUNCH W / LEFT, ROUNDHOUSE KICK W / LEFT.
4. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, DOWN BLOCK W / LEFT, PUNCH W / RIGHT, ROUNDHOUSE KICK W / RIGHT, AX KICK W / LEFT THAN RIGHT, ROUNDHOUSE KICK W / LEFT, BACK KICK W / LEFT.
5. FACE LEFT STEP ACROSS W / RIGHT OVER LEFT, HOOK KICK THAN ROUNDHOUSE KICK W / LEFT.
6. STEP ACROSS RIGHT W / LEFT, HOOK KICK THAN ROUNDHOUSE KICK W / RIGHT.
7. TWISTING RIGHT, GRABBING THAN HIP THROW OVER RIGHT HIP, PUNCH W / RIGHT.
8. FACE LEFT (45 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W / LEFT, PUNCH W / RIGHT, ROUNDHOUSE KICK W / RIGHT.
9. TURN RIGHT (90 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W / RIGHT, PUNCH W / LEFT, ROUNDHOUSE KICK W / LEFT.
10. TURN LEFT (45 DEGREES) LEFT FRONT STANCE, HIGH BLOCK W / LEFT, CIRCLE LEFT IN A COUNTER CLOCK WISE DOWN INTO RIGHT HAND, GRABBING W / RIGHT BRINGING FEET TOGETHER, STEPPING FORWARD W / LEFT, BRING RIGHT HAND OVER YOUR HEAD [LIKE COMBING YOUR HAIR] THAN DOWN, SLIDE BACK UP INTO LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W / LEFT, PUNCH W / RIGHT, ROUNDHOUSE KICK W / RIGHT, BACK KICK W / LEFT, STEP BACK INTO A RIGHT FRONT STANCE, ROUNDHOUSE KICK W / LEFT, BACK KICK W / RIGHT.
11. TURN LEFT (270 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W / LEFT, PUNCH W / RIGHT, TRIPLE ROUNDHOUSE KICK [LOW,MIDDLE,HIGH] W / RIGHT
12. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W / RIGHT, PUNCH W / LEFT, TRIPLE ROUNDHOUSE KICK [LOW,MIDDLE,HIGH] W / LEFT, HOLDING THE LEFT KNEE UP TURN RIGHT (270 DEGREES) INTO

## *PAROH*

# SA YUN POOMSE

## *JOON-BI*

1. BOXING STANCE
2. BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W / HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING, KI-OP.
3. STEP W / RIGHT (90 DEGREES) INTO FIREMANS CARRY, THROWING RIGHT TO LEFT.
4. RETURN TO RIGHT STANCE, OUTSIDE MIDDLE KNIFE HAND BLOCK W / RIGHT, PUNCH W / LEFT, ROUNDHOUSE KICK W / LEFT, HIGH BLOCK W / LEFT, STEPPING UNDER ATTACKERS ARM GRABBING SHOULDER W / RIGHT, RIGHT HIP THROUGH BREAKING ELBOW AND WRIST, LOOKING BEHIND STRIKING GROIN W / LEFT PALM, BACKFIST W / LEFT, RIGHT PUNCH, ROUNDHOUSE KICK W / RIGHT, JUMP SIDE KICK W / RIGHT.
5. FACE RIGHT, STEP LEFT OVER RIGHT, DOUBLE SIDE KICK W / RIGHT[LOW,HIGH], IMMEDIATLY CROSSING RIGHT OVER LEFT, DOUBLE SIDE KICK W / LEFT[LOW,HIGH], KEEPING LEFT KNEE UP TURN RIGHT (90 DEGREES) MIDDLE LEFT FRONT KICK, FOLLOWED BY A JUMPING HIGH RIGHT FRONT KICK, OUTSIDE MIDDLE KNIFE HAND BLOCK, THEN GRABBING ARM, STEP FORWARD INTO A RIGHT STANCE, STRIKE THE ELBOW W / RIGHT KNIFE HAND, SPINNING LEFT UNDER ARM INTO A LEFT FRONT STANCE BRINGING HAND DOWN MAKING OPPONENT STAB THEMSELVES, PHO-JIN STEP, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK, RIGHT FRONT KICK RETURNING INTO A LEFT FRONT STANCE, RIGHT AX KICK, RIGHT JUMP SPINNING BACK KICK AND LANDING IN A LEFT FRONT STANCE.
6. TURN LEFT (90 DEGREES) INTO A RIGHT FRONT STANCE, SAME TIME DOING A RIGHT INSIDE KNIFE HAND STRIKE W / LEFT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A RIGHT OUTSIDE KNIFE HAND STRIKE LIFTING LEFT ARM, RIGHT KNEE STRIKE.
7. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, SAME TIME DOING A LEFT INSIDE KNIFE HAND STRIKE W / RIGHT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A LEFT OUTSIDE KNIFE HAND STRIKE LIFTING RIGHT ARM, LEFT KNEE STRIKE.
8. FACE FRONT BREATHING IN, BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W / HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING.

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# OH YUN POOMSE

## *JOON-BI*

1. STEP BACK INTO A DEEP LEFT FRONT STANCE, SLOW LEFT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING, SLOW RIGHT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING.
2. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT HAND GUARDING RIGHT SIDE OF FACE, LEFT CIRCULAR TRAP, RIGHT KNEE MIDDLE STRIKE, TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT HAND GUARDING LEFT SIDE OF FACE, RIGHT CIRCULAR TRAP, LEFT KNEE MIDDLE STRIKE.
3. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, RIGHT HAND UPPER PUNCH (DISLOCATING ELBOW) RIGHT MIDDLE ELBOW STRIKE (RIBS), RIGHT ELBOW STRIKE (FACE), TURN RIGHT (45 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, LEFT UPPER PUNCH (DISLOCATING ELBOW), LEFT MIDDLE ELBOW STRIKE (RIBS), LEFT ELBOW STRIKE (FACE).
4. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE KNIFE HAND MIDDLE BLOCK THEN GRAB ARM, FROM A HORSE STANCE, RIGHT HAND GRABBING THROAT, PULLING OPPONENT OVER RIGHT LEG, RIPPING THROAT, LEFT PUNCHING FACE, RIGHT KNEELING POSITION, LEFT HIGH BACK KICK, THEN RIGHT HIGH BACK KICK, LOOK FORWARD, ROLL BACKWARDS INTO A RIGHT FRONT STANCE, JUMP SPINNING BACK KICK WITH RIGHT FOOT, LANDING INTO A RIGHT FRONT STANCE.
5. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, RIGHT HIGH ROUND HOUSE KICK, LEFT JUMPING BACK KICK, FACING OPPOSITE DIRECTION, TURN RIGHT (90 DEGREES) RIGHT FRONT KICK, LEFT FRONT KICK, THEN A RIGHT FRONT KICK, FROM A RIGHT FRONT STANCE SLIDING BACKWARD W/ LOW MOUNTAIN BACK FIST STRIKE, AGAIN FROM A RIGHT FRONT STANCE, SLIDING BACKWARD W/ HIGH MOUNTAIN BACK FIST STRIKE.
6. STEPPING FORWARD INTO A LEFT FRONT STANCE, DOUBLE KNIFE HAND BLOCK PUSHING LEFT, MOVING INTO A RIGHT LEG SWEEP RETURNING INTO A LEFT FRONT STANCE, HIGH RIGHT ROUND HOUSE KICK W/ SPINNING LEFT AX KICK, HIGH LEFT ROUND HOUSE KICK W/ SPINNING RIGHT AX KICK, REPEAT NUMBER #1 FROM THE LEFT FRONT STANCE.

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