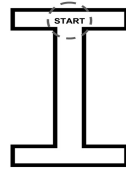


이 첵 봉

Cheongye Kwan Daehando Institute

Kibbon Ee-Chul-Bong Poomse Sam (Basic Rice-Flails Pattern number three)



Jumbay

With the weapon on your right side, move your left foot into **parallel stance** as you raise the sticks up to meet your left hand. At mid section, open the sticks out to create triangular shape.



1

Pivot 90' left into left leg **short stance** and perform a left high section outer block.



2

Execute a right low section side kick



2a

Landing in **sitting stance** and perform a right mid section horizontal handle strike.



3

Look right, and step back right foot into right leg **short stance** and perform a right high section outer block



4

Execute a left low section side kick



4a

Landing in **sitting stance** and perform a left mid section horizontal handle strike.



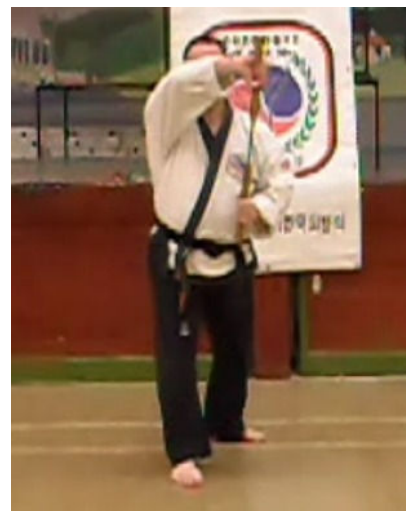
5

Look left, turn 90' left and perform a left mid section vertical outer block in **short stance**.



6

Spin right and execute a right mid section back kick.



6a

Followed by a right mid section vertical outer block in **short stance**.



7

Spin left and execute a left mid section back kick.



7a

Followed by a left mid section vertical outer block in **short stance**.



8

Spin right and execute a right mid section back kick.



8a

Followed by a high section double handle strike in **long stance**. **KIHAP**



9

Pivot left into left leg **short stance** and perform a left high section outer block.



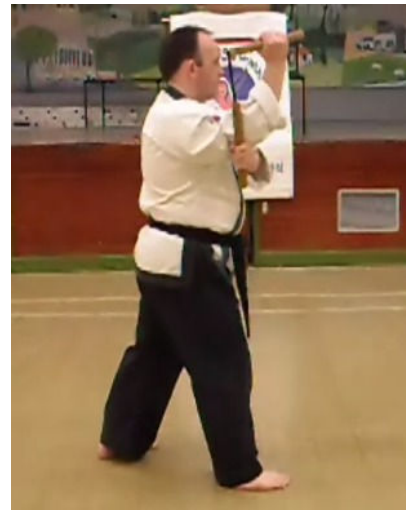
10

Execute a right low section side kick



10a

Landing in **sitting stance** and perform a right mid section horizontal handle strike.



11

Look right, and step back right foot into right leg **short stance** and perform a right high section outer block



12

Execute a left low section side kick



12a

Landing in **sitting stance** and perform a left mid section horizontal handle strike.



13

Look left, turn 90° left and perform a left mid section vertical outer block in **short stance**.



14

Spin right and execute a right mid section back kick.



14a

Followed by a right mid section vertical outer block in short stance.



15

Spin left and execute a left mid section back kick.



15a

Followed by a left mid section vertical outer block in short stance.



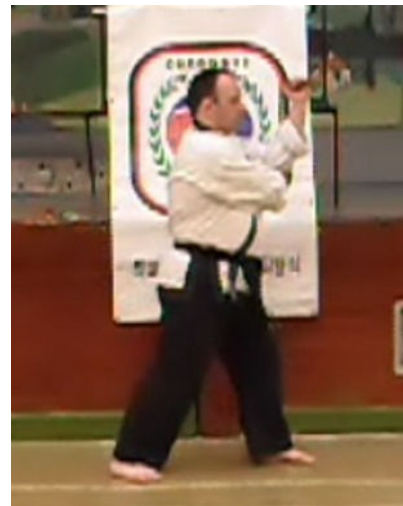
16

Spin right and execute a right mid section back kick.



16a

Followed by a high section double handle strike in long stance. **KIHAP**



17

Pivot 90' left into left leg short stance and perform a left high section outer block.



18

Execute a right low section side kick



18a

Landing in **sitting stance** and perform a right mid section horizontal handle strike.



19

Look right, and step back right foot into right leg **short stance** and perform a right high section outer block



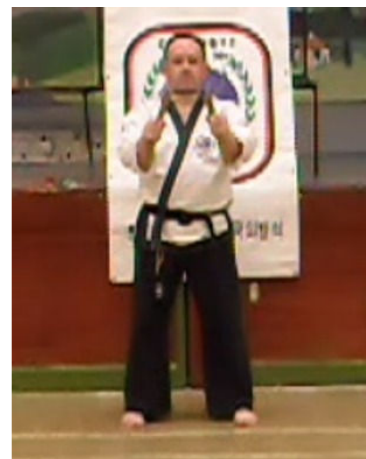
20

Execute a left low section side kick



20a

Landing in **sitting stance** and perform a left mid section horizontal handle strike.



Baro

Return to Jumbay position.

ALWAYS REMEMBER TO HOLD YOUR LAST POSITION UNTIL TOLD TO RETURN TO JUMBAY!

Movements:	20
Attackers:	8
Kihaps:	2
Representation:	Gyunhyeong 균형
Definition:	Balance