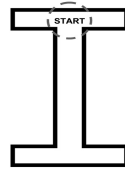


이 첩 봉

Cheongye Kwan Daehando

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



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

Look left and step left foot into left leg **back stance** and perform a high section diagonal block to the left.



2

Step forward right foot into right leg **long stance** and execute a right supported obverse thrust strike.



3

Look right and step back right foot into right leg **back stance** and perform a high section diagonal block to the left.



4

Step forward left foot into left leg **long stance** and execute a left supported obverse thrust strike.



5

Look left, pull back left foot and step out 90' left in left leg **short stance** with low section X block.



Pull the flails to the left and execute a right leg mid section front kick, landing in right leg **short stance**



and perform a low section X block.



Pull the flails to the right and execute a left leg mid section front kick, landing in left leg **short stance**



and perform a low section X block.



Pull the flails to the left and execute a right leg mid section front kick,



landing in right leg supported stance and perform a right handed double handle strike to the front in high section. (**KIHAP**)



Look left and rotate 180° into left leg **back stance** and perform a high section diagonal block to the left.



Step forward right foot into right leg **long stance** and execute a right supported obverse thrust strike.



11

Look right and step back right foot into right leg **back stance** and perform a high section diagonal block to the left.



12

Step forward left foot into left leg **long stance** and execute a left supported obverse thrust strike.



13

Look left, pull back left foot and step out 90' left in left leg **short stance** with low section X block.



14

Pull the flails to the left and execute a right leg mid section front kick, landing in right leg **short stance**



14a

and perform a low section X block.



15

Pull the flails to the right and execute a left leg mid section front kick, landing in left leg **short stance**



15a

and perform a low section X block.



16

Pull the flails to the left and execute a right leg mid section front kick,



16a

landing in right leg supported stance and perform a right handed double handle strike to the front in high section. (**KIHAP**)



17

Look left and rotate 180' into left leg **back stance** and perform a high section diagonal block to the left.



18

Step forward right foot into right leg **long stance** and execute a right supported obverse thrust strike.



19

Look right and step back right foot into right leg **back stance** and perform a high section diagonal block to the left.



20

Step forward left foot into left leg **long stance** and execute a left supported obverse thrust strike.



Baro

Look left, turn 90' left and step left foot back into **parallel stance**.

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

Movements: 20
 Attackers: 8
 Kihaps: 2

Representation: Haepit 햇빛
 Definition: Sunlight