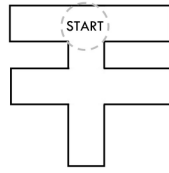


장 간 부

Cheongye Kwan Daehando

Kibbon Jang Tando Poomse II (Basic Fork Pattern number one)



Jumbay

With the forks on either side, move your left foot into **parallel stance** as you raise the sticks up and out to create triangular shape.



1

Look left and move left foot into left leg **long stance** and execute an outer mid section wedging block with forks undrawn.



2

Execute an extended twin mid section thrust in a right leg **long stance**.



3

Look right and move right foot back into right leg **long stance** and execute an outer mid section wedging block with forks undrawn.



4

Execute an extended twin mid section thrust in a left leg **long stance**.



5

Step back left foot, look left and step left into left **short stance** with a reverse right high section outer forearm block.



6

Perform a right high section front kick



6a

followed by a left reverse mid section extended thrust in **short stance**.



7

Step up left foot, look left and step left into left **short stance**



8

with an obverse high section outward cut



8a

. Step forward right foot into **short stance** with straight handle strike.



9

Look right and move right foot back into right leg **short stance**



10

with an obverse high section outward cut



10a

Step forward left foot into **short stance** with straight handle strike.



11

Step back left foot, look left and step left into left **short stance** with a reverse right high section outer forearm block.



12

Perform a left high section outer cut strike



13

Step forward right foot into **short stance** with straight handle strike high section.



14

Step back right foot into right long stance with right low block.



14a

Perform a left reverse high section handle strike



15

Then lift left leg forward and perform a right jump front kick landing in right long stance. **(KIHAP)**,



15a

Land and execute a right mid section inward block.



15b

Then a left reverse high section strike.



16

Followed by a left reverse high section outer cut strike.



16a

Ending in a right obverse mid section strike.



Baro

Look left, turn 90' left and step left foot back into

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

Movements:	16
Attackers:	7
Kihaps:	1

Representation: Nodong 노동

Definition: Labour