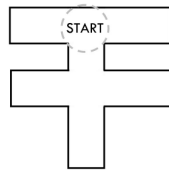


장 간 너

Cheongye Kwan Daehando

Kibbon Jang Tando Poomse Ee (Basic Fork Pattern number two)



Jumbay

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



1

Look left and move left foot into left leg **long stance** whilst facing the front and execute a right outer mid section block with fork undrawn.



2

Quickly move left foot back to parallel stance and perform a left mid section handle strike



3

Move right foot into right leg **long stance** whilst facing the front and execute a left outer mid section block with forks undrawn.



4

Quickly move right foot back to parallel stance and perform a right mid section handle strike



5

Step back right foot into **long stance** and perform a low X block with forks extended.



6

Step forward with a high section twin inward handle strike in **long stance**.



7

Perform a left high section front kick in **short stance**.



7a

Perform a right mid section back kick landing in right **short stance**



7b

and perform a right high section outer cut and a reverse high section handle thrust strike.



8

Step forward left foot and rotate 180° right into **parallel stance** with spreading block facing the start position (forks undrawn).



9

Step forward left foot into **short stance** and execute a left high section outer cut



9a

followed by a right reverse mid section handle strike.



9b

and a left obverse mid section handle strike.



10

Step forward right foot into **short stance** and execute a right high section outer cut



10a

followed by a left reverse mid section handle strike.



10b

and a right obverse mid section handle strike.



11

Step forward left foot into **short stance** and execute a left high section outer cut,



11a

followed by a right reverse mid section handle strike.



11b

and a left obverse mid section handle strike.



12

Then step forward with a right mid section handle strike. (**KIHAP**)



13

Look left and pivot left into left leg **back stance** and perform a single left mid section outer block.



14

Perform a mid section reverse handle strike



14a

Followed by a reverse high section outer cut strike



15

Pivot 180° right into right leg **back stance** and perform a single right mid section outer block.



16

Perform a mid section reverse handle strike



16a

Followed by a reverse high section outer cut 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:	16
Attackers:	4
Kihaps:	1

Representation: Yeongnyang **영량**

Definition: Strength