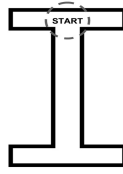


Cheongye Kwan Daehando

Kibbon Tan Bong Poomse Sam (Basic Handle Pattern number three)



Jumbay

With the sticks 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 step left foot into left leg **back stance** and perform a left low block and a simultaneous right outer forearm mid section block.



2

Step forward right leg with a twin left high and right mid section handle strikes in **long stance**.



3

Step back right foot and turn 180' right into right leg **back stance** and perform a right low block and a simultaneous left outer forearm mid section block.



4

Step forward right leg with a twin left high and right mid section handle strikes in **long stance**.



5

Look left, turn 90' left and step left with high block



5a

with mid section reverse handle strike,



5b

reverse outer swing strike



5c

and then obverse mid section handle strike all in long stance.



6

Step right foot with right high block



6a

with mid section reverse handle strike,



6b

reverse outer swing strike



6c

and then obverse mid section handle strike all in long stance.



7

Step left foot with right high block



7a

with mid section reverse handle strike,



7b

reverse outer swing strike



7c

and then obverse mid section handle strike all in long stance.



8

step mid section obverse handle strike in long stance (KIHAP).



9

Look left pivot 270' left and step left foot into left leg back stance and perform a left low block and a simultaneous right outer forearm mid section block.



10

Step forward right leg with a twin left high and right mid section handle strikes in long stance.



11

Step back right foot and turn 180' right into right leg back stance and perform a right low block and a simultaneous left outer forearm mid section block.



12

Step forward right leg with a twin left high and right mid section handle strikes in long stance.



13

Look left, turn 90' left and step left with high block



13a

with mid section reverse handle strike,



13b

reverse outer swing strike



13c

and then obverse mid section handle strike all in long stance.



14

Step right foot with right high block



14a

with mid section reverse handle strike,



14b

reverse outer swing strike



14c

and then obverse mid section handle strike all in long stance.



15

Step left foot with right high block



15a

with mid section reverse handle strike,



15b

reverse outer swing strike



15c

and then obverse mid section handle strike all in long stance.



16

Followed with stepping mid section obverse handle strike in long stance (KIHAP).



17

Look left pivot 270° left and step left foot into left leg back stance and perform a left low block and a simultaneous right outer forearm mid section block.



18

Step forward right leg with a twin left high and right mid section handle strikes in long stance.



19

Step back right foot and turn 180° right into right leg back stance and perform a right low block and a simultaneous left outer forearm mid section block.



20

Step forward right leg with a twin left high and right mid section handle strikes in long stance.



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: Kowayo 고와요

Definition: Nature