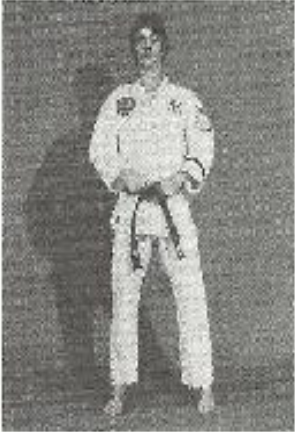


Basic Fundamentals



Joon Bi (Ready Stance)

Front Stance



Low Bock





Low Punch



High Block



High Punch





Middle Block

Middle Block Side View



Prep Position for Stretching Kick #1



Stretching Kick #1



Front Kick





Knife Hand Strike



Back Stance



Knife Hand Block: Back stance with one hand protecting the face and the other the body

