

Bu Chae Hyung E Bu

1. (Turn to face left) In to Out Block, Left hand, fighting stance. Fan Closed
2. Step Forward, Centre Punch (Stab), long stance. Fan Closed
3. Turn to right, In to Out Block, Right hand, fighting stance. Fan Closed
4. Step Forward, Centre Punch, long stance
5. (Turn to middle) Left leg fighting stance, Open fan in right hand
6. Right Leg side kick, low block to side with Fan Open
7. Left leg side kick, (Fan closed)
8. Round house kick, (don't put foot down), jump and land with legs crossed. Fan open when jumping, right hand. (Hold Fan In to Out Block to side).
9. Pivot all way round (right)
10. Right leg forward, fan in right hand closed. In to Out Block
11. Step forward onto left leg, fan in right hand open. Out to In Block
12. Pivot round (left)
13. Right leg forward, fan closed, fight stance, In to Out Block
14. Step forward on left leg, Long Stance, strike down and open fan
15. (Turn to middle) Left leg forward, fan open
16. Right Leg side kick, fan open, fighting stance
17. Close fan, left leg side kick (fighting stance)
18. Right leg Round House Kick (don't put foot down) jump and land with legs crossed, fan open in right hand when jumping (hold fan as In to Out Block to side)
19. Face Front, horse riding stance
20. Stab down with right hand, Fan closed, left hand across chest for protection(open palm)
21. Left hand down (low block to side), right hand up (niahnchi style)
22. Bring right hand in front
23. Open fan, left hand chun kul ssang soo.