

KEUM HYUNG (MINERALS)

From Closed Chumbi Position:

To right side: Right foot steps forward into right front stance (facing right), Front Knife Hand Strike, Rear Inward Punch, Dodge, Rear Inward Punch, Front Round Palm Strike (defensive), Front Consecutive Swing Kick (ball of foot), Rear Inward Punch, Front Vertical Round Punch.

To left side: Pivot on the right foot and step over with the left foot into a left Front Stance (facing left), Front Knife Hand Strike, Rear Inward Punch, Dodge, Rear Inward Punch, Front Round Palm Strike (defensive), Front Consecutive Swing Kick (ball of foot), Rear Inward Punch, Front Vertical Round Punch.

To front: Move the left foot back into right Side Stance (facing the front), Back Arm Inward Block, Front Knife Hand Strike, Front Leg Reverse Swing Kick, Spinning Double Side Kick (land in left Front Stance), Rear Inward Punch, Front Round Punch (defensive), Rear Upward Punch.

To front: Move right foot back into left Side Stance (facing the front), Back Arm Inward Block, Front Knife Hand Strike, Front Leg Reverse Swing Kick, Spinning Double Side Kick (land in right Front Stance), Rear Inward Punch, Front Round Punch (defensive), Rear Upward Punch.

To front: Rear Leg Downward Kick (land in left Front Stance), Front Inward Punch, Rear Inward Punch, Front Round Punch. Rear Leg Downward Kick (land in right Front Stance), Front Inward Punch, Rear Inward Punch, Front Round Punch.

To front: Move left foot back into right Side Stance (facing front), Back Arm Inward Block, Front Knife Hand Strike, Front Leg Reverse Swing Kick / Swing Kick (land in right Front Stance), Front Inward Punch, Rear Inward Punch, Front Vertical Round Punch.

To front: Step back with right foot into left Side Stance; Back Arm Inward Block, Front Knife Hand Strike, Front Leg Reverse Swing Kick / Swing Kick (land in left Front Stance), Front Inward Punch, Rear Inward Punch, Front Vertical Round Punch.

To front: Move rear leg over to left Sitting Stance (facing the front), Palm Low Block, Front Leg Twisting Kick (land in left Front Stance), Front Knife Hand Strike, Rear Inward Punch, Front Vertical Round Punch, Dodge, Front Vertical Round Punch (defensive), Front Leg Swing Kick (land in left Side Stance), Front Knife Hand Strike.

To front: Move front leg back into right Sitting Stance (facing the front), Palm Low Block, Front Leg Twisting Kick (land in right Front Stance), Front Knife Hand Strike, Rear Inward Punch, Front Vertical Round Punch, Dodge, Front Vertical Round Punch (defensive), Front Leg Swing Kick (land in right Side Stance), Front Knife Hand Strike.

Rear foot steps forward to front foot to Paro.