

Kuk Mu Oh Dan (#5)

Joon bee: Facing front with feet together; R fist at L hip with R knuckles facing L knife hand palm.

1. R foot wedge steps forward; L foot steps forward into L back stance simultaneous with L knife hand block.
2. Turn 180° clockwise; L foot crosses over R foot into R back stance simultaneous with R knife hand block.
3. R foot wedge steps 90° counterclockwise; L foot steps forward into L back stance simultaneous with L knife hand block.
4. Turn 180° clockwise; L foot crosses over R foot into R back stance simultaneous with R knife hand block.

5. Turn 180° clockwise; R turning side kick, landing into R free sparring position.
6. Turn 180° counterclockwise; R foot crosses over L foot; L side kick, landing into L free sparring position.
7. L foot wedge steps 90° clockwise; R side kick, landing into R free sparring position.
8. Turn 180° counterclockwise; R foot crosses over L foot; L side kick, landing and turning 180° clockwise into R free sparring position.

9. L foot steps forward into L front stance; L outside to in single arm block; R reverse middle target punch; L upper target punch.
10. R foot steps forward into R front stance; R outside to in single arm block; L reverse middle target punch; R upper target punch.
11. L foot steps forward into L front stance; L outside to in single arm block; R reverse middle target punch; L upper target punch.
12. Stance remains the same; lapel grad; R rear leg side kick forward (KIAI), landing and turning 180° counterclockwise into L free sparring position.

13. Turn 90° counterclockwise into L free fighting position.
14. Shift into L front stance; L upper target punch; R reverse middle target punch.
15. R rear leg side kick forward, landing into R back stance; R downward hammer fist strike.
16. Turn 180° clockwise into R free fighting position.
17. Shift into R front stance; R upper target punch; L reverse middle target punch.
18. L rear leg side kick forward, landing into L back stance; L downward hammer fist strike.

19. Turn 90° counterclockwise into L front stance; low fist X-block (R wrist over L).
20. Knife hand high X-block (R wrist over L).
21. Twist wrists; chamber (tea cup) both fists at R hip simultaneous with R front kick, landing into R front stance; R middle target punch; L reverse upper target punch.
22. L rear leg side kick forward, landing into L back stance; L knife hand strike.
23. Pivot on balls of the feet (maintaining current direction) to a right reverse ridge hand strike.
24. R rear leg side kick forward, landing and turning 180° counterclockwise into L free sparring position.

25. Turn 90° counterclockwise into L facing horse stance; L backhand strike;
26. R crescent kick to L palm, landing into front facing horse stance; R elbow strike into L palm.
27. Turn 90° clockwise into R back stance; R inside to out single arm block.
28. L front kick, landing into L front stance; R rear leg side kick forward, landing into R free sparring position.
29. Pivot 180° clockwise into R facing horse stance; R backhand strike;
30. L crescent kick to R palm, landing into front facing horse stance; L elbow strike into R palm.
31. Turn 90° counterclockwise into L back stance; L inside to out single arm block.
32. R front kick, landing into R front stance; L rear leg side kick forward (KIAI), landing into L free sparring position.

Geuman: Turn 90° counterclockwise as L foot retracts.

