

CHUN-JI ONE-STEPS:

1. Left foot steps forward into right back stance, left inner forearm block. Left #1 front kick. Left foot steps down into left front stance, right reverse punch to mid section. Left foot steps back into parallel stance. Right foot steps back into right back stance, left double knifehand block. **KIHAP**
2. Right foot steps forward into side middle stance, right inner forearm block. Right #1 side kick. Right foot steps down into side middle stance, right knifehand strike to high section. Right foot steps back clockwise into right back stance, left double knifehand block. **KIHAP**
3. Right #1 front kick. Right foot steps down to right 45 degrees into middle stance, right punch to mid section. Left punch to mid section. Right punch to high section. Right foot steps back clockwise into right back stance, left double knifehand block. **KHIAP**