



Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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Poomse Kibon

(Developed for white belt children)

- Attention (Cha ryut), bow (Kyung yeh), ready stance (Joon bi), say your form in Korean, and begin (Shi jak)
- Turn left, left foot forward, left hand low block
- Step forward, right hand punch
- Step forward, left hand punch

- Turn to the right, facing forward, right foot forward, right hand low block
- Left foot front kick
- Right foot round kick
- Left foot axe kick (*ki-hap*)

- Turn right, right foot forward, right hand low block
- Step forward, left hand punch

- Turn right (to the back), right foot forward, right hand low block
- Left foot round kick
- Right foot round kick (*ki-hap*)
- Return to ready stance (turn to the left), attention, bow.

