

Keumgang

A
B C
D

1. Step forward toward A into a left front stance - middle outside forearm blocks (both arms)
2. Step forward into a right front stance – right palm heel strike (head-level)
3. Step forward into a left front stance – left palm heel strike (head-level)
4. Step forward into a right front stance – right palm heel strike (head-level)
5. Step backward into a left back stance - inward middle knifehand block
6. Step backward into a right back stance - inward middle knifehand block
7. Step backward into a left back stance - inward middle knifehand block
8. Slowly lift the left leg off the ground, pivot $\frac{1}{4}$ turn CCW into a right crane stance (right leg is bearing the weight) - Keumgang block (i.e. a high block done with the same arm as the standing leg, coupled with a low block with the same arm as the leg which is raised.)
9. Drop the left leg toward B into a horse stance facing A – right circular punch toward B
10. Pivot on the left leg $\frac{1}{2}$ turn CCW toward B, then pivot on the right leg another $\frac{1}{2}$ turn CCW toward B and into a horse stance facing A - right circular punch toward B
11. Pivot on your left foot $\frac{1}{4}$ turn CCW landing with a stomp into a horse stance facing B – double outside forearm blocks toward A & D (palms turned toward you)
12. Pivot on your right foot $\frac{1}{2}$ turn CW stepping toward A into a horse stance facing – double middle outside blocks
13. Move your left foot toward your right foot into a ready position - cross your arms in front of your chest - concentrated double low blocks
14. Pivot on your right foot $\frac{1}{2}$ turn CW and step toward D into a horse stance facing B - double outside forearm blocks toward A & D (palms turned toward you)
15. Slowly lift the right leg off the ground, pivot $\frac{1}{4}$ turn CW into a left crane stance (left leg is bearing the weight) - Keumgang block (i.e. a high block done with the same arm as the standing leg, coupled with a low block with the same arm as the leg which is raised.)
16. Drop the right leg toward C into a horse stance facing A – left circular punch toward C
17. Pivot on the right leg $\frac{1}{2}$ turn CW toward C, then pivot on the left leg another $\frac{1}{2}$ turn CW toward C and into a horse stance facing A - left circular punch toward C
18. Slowly lift the right leg off the ground into a left crane stance (left leg is bearing the weight) - Keumgang block (i.e. a high block done with the same arm as the standing leg, coupled with a low block with the same arm as the leg which is raised.)
19. Drop the right leg toward C into a horse stance facing A – left circular punch toward C
20. Pivot on the right leg $\frac{1}{2}$ turn CW toward C, then pivot on the left leg another $\frac{1}{2}$ turn CW toward C and into a horse stance facing A - left circular punch toward C

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21. Pivot on your right foot $\frac{1}{4}$ turn CW landing with a stomp into a horse stance facing C – double outside forearm blocks toward A & D (palms turned toward you)
22. Pivot on your left foot $\frac{1}{2}$ turn CCW stepping toward A into a horse stance facing – double middle outside blocks
23. Move your right foot toward your left foot into a ready position - cross your arms in front of your chest - concentrated double low blocks
24. Pivot on your left foot $\frac{1}{2}$ turn CCW and step toward D into a horse stance facing C - double outside forearm blocks toward A & D (palms turned toward you)
25. Slowly lift the left leg off the ground, pivot $\frac{1}{4}$ turn CCW into a right crane stance (right leg is bearing the weight) - Keumgang block (i.e. a high block done with the same arm as the standing leg, coupled with a low block with the same arm as the leg which is raised.)
26. Drop the left leg toward B into a horse stance facing A – right circular punch toward B
27. Pivot on the left leg $\frac{1}{2}$ turn CCW toward B, then pivot on the right leg another $\frac{1}{2}$ turn CCW toward B and into a horse stance facing A - right circular punch toward B - Kihop