

## Ee Kibon



	English	Korean
1	Step right foot back into walking stance whilst performing a left low block. Right middle punch.	Wen ap seogi, arae makki. Momtong bandae jireugi.
2	Step right foot forward into walking stance. Right low block. Left middle punch.	Oreun ap seogi, arae makki. Momtong bandae jireugi.
3	Step left foot 90 degrees left into front stance. Left high block. Right high punch.	Wen ap kubi seogi, ulgol makki. Ulgol bandae jireugi.
4	Rotate 180 degrees into front stance. Right high block. Left high punch (kihap)	Oreun ap kubi seogi, ulgol makki. Ulgol bandae jireugi.
5	Bring left foot forward then step 90 degrees left into walking stance. Right middle inwards block Left middle punch.	Wen ap seogi, momtong an makki. Momtong bandae jireugi.
6	Rotate 180 degrees into walking stance Left middle inwards block Right middle punch.	Oreun ap seogi, momtong an makki. Momtong bandae jireugi.
7	Step left foot 90 degrees left into back stance Left hand outwards middle block Step left foot forward into front stance Right middle punch.	Oreun dwit kubi seogi, momtong bahkat palmak makki. Wen ap kubi seogi, momtong bandae jireugi.
8	Rotate 180 degrees into back stance Right hand outwards middle block Step right foot forward into front stance Left middle punch.	Wen dwit kubi seogi, momtong bahkat palmak makki. Oreun ap kubi seogi, momtong bandae jireugi.
9	Step left for 90 degree left into back stance Left hand knife hand block Right uppercut.	Oreun dwit kubi seogi, han sonnall makki. Chi jireugi.
10	Rotate 180 degrees into back stance Right hand knife hand block Left uppercut.	Wen dwit kubi seogi, han sonnall makki. Chi jireugi.
11	Step left foot 90 degrees left into front stance Right hand knife hand strike Left hand middle punch	Wen ap kubi seogi, sonnall mok chigi. Momtong jireugi.
12	Rotate 180 degrees into front stance. Left hand knife hand strike Right middle punch.	Oreun ap kubi seogi, sonnall mok chigi. Momtong jireugi.
13	Rotate 90 degrees left into horse-riding stance. Right middle punch.	Juchum seogi. Momtong jireugi.

Kihap on all punches except for steps 11 and 12.

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### Notes:

The Korean terminology convention on stances says that if one leg is more bent than the other then the bent leg determines whether the stance is referred to as left (wen) or right (oreun). So a left front stance (wen ap kubi seogi) has the left leg forward whereas a left back stance (wen dwit kubi seogi) has the right leg forward.

### Steps 7 and 8:

Moving from the back stance into the front stance requires the front foot to move both forwards and slightly outwards. The rear foot pivots on the ball from 90 degrees to 30 degrees without sliding either forwards or backwards. The hips should turn from 45 degrees in the back stance to 90 degrees in the front stance.

### Step 13:

The right arm stays extended during the turn in to juchum seogi.