

Chil Sang Ee Ro

- Low block, reverse knife hand
- Knee kick, punch, punch
- Turn, low block, reverse knife hand
- Knee kick, punch, punch
- Turn, augmented block
- Horse stances, stepping -- punch, punch, punch (KEOP)
- Turn, middle knife hand block, step punch
- Turn, middle knife hand block, step punch
- Turn, breathing motion, set
- Pull, Front kick, breathing motion, set
- Pull, Front kick, breathing motion, set
- Pull only right hand to chamber, front kick, advance punch (KEOP)
- Turn, low block back stance, step punch
- Turn, low block back stance, step punch