

Chil Sang Sa Ro

- Step back, loose cross block
- Drive forward, elbow/back fist #1, elbow back fist #2
- Step back, mountain block, low double elbow, rise up (breathing) reinforced spear hand (slow)
- Step, double elbow
- Step back, loose cross block
- Drive forward, elbow/back fist #1, elbow back fist #2
- Step back, high cross block, closed fists, low double elbow, double punch
- Step, double elbow
- Middle knife hand, slap elbow, check, step punch (KEOP)
- Step back, horse stance double elbow
- Elbow up/down, open hands (breathe), rise up
- Breathe, sink, double ridge hand
- "Karaoke in the sunshine" motion
- Reverse low block
- Elbow to knee, double punch
- Elbow to knee, horse stance elbow #1, elbow #2, check, spear hand
- Turn, horse stance elbow #1, elbow #2, check, spear hand
- Left foot in/out, press, step double punch (KEOP)
- "Separating Heaven and Earth" motion, front kick
- Turn, repeat
- Reverse spear hand, reinforced spear hand (KEOP)
- Salute, turn horse stance elbow, jump back fist (KEOP)
- Turn, cross hands, breathe, front kick, knee kick, press
- Turn, repeat
- RIGHT FOOT IN, LEFT FOOT OUT, horse stance double elbow
- Swing up, chambered round kick, high block, jump turning outside/inside kick (slap hand)
- Land, horse stance double low block
- Swing up, chambered round kick, high block, jump turning outside/inside kick (slap hand)
- Land, horse stance double low block
- Twist, elbow up, elbow back
- Drop to knee, reinforced spear hand (KEOP?)
- Rise, horse stance punch (KEOP)
- Right foot in/out, reverse high knife strike, down elbow, side elbow
- Right foot in, Left foot, refer high knife strike, down elbow, side elbow
- Arrogant Choong Bae, twist, step reinforced elbow up, double elbow back
- Step, supported elbow
- Big turn, arrogant Choong Bae, twist, step reinforced elbow up, double elbow back
- Step, supported elbow (KEOP)