Meeguk – Blue Belt

Chun-bi: Right hand covering left fist, chin level.

1. Look left and upward, high closed stance, right fold on top, left high chop low right chop.

2. Look right and upward, high closed stance, fold left on top, right high chop left low chop.

3. Low back stance, right chop block and yell, left back punch, right chop block.

4. Move left foot to right foot and step up, right palm heel strike (high).

5. Step forward, right leg front kick, left back punch.

6. Turn south, high back stance, left chop block, right back punch, left chop block.

7. Step forward, left front kick, right back punch.

8. Turn north, high back stance, right chop block, left back punch, right chop block.

9. Step back (right foot to left foot), right hand covering left fist.

10. Look right upward, high closed stance, fold left on top, right high chop, left low chop.

11. Look left and upward, high closed stance, fold right on top, left high chop, right low chop.

12. Low back stance, left chop block and yell, right back punch, left chop block.

13. Move right foot to left foot and step up, left palm heel strike (high).

14. Step forward, left leg front kick, right back punch.

15. Turn south, high back stance, right chop block, left back punch, right chop block.

16. Step forward, right front kick, left back punch

17. Turn north, high back stance, left chop block, right back punch, left chop block.

18. Left front stance, left palm heel strike (high), slowly pull left hand in, quickly pivot and execute right palm heel strike (low twist stance).

19. Step forward, right front stance, right palm heel strike, slowly pull right hand in, quickly pivot and execute left palm heel strike (low twist stance).

20. Turn south, bring right foot to left, step into a front stance, right eagle strike and yell.

21. Step into a high closed stance, right foot to left foot, facing west, double side chops.

22. Look north, towards your right, right chop block (keep feet together).

23. Going south, step-in chop with your right, left spinning chop block, right back punch.

24. Right foot steps to left facing west, closed fist, low X block followed by high double “V” chop.

25. Turning south, step with left foot, right hand high chop, left rising block in high twist stance.

26. Right back front kick, double fist fold, right back fist and yell in crossed stance.

27. High back stance, fold right on top, right low chop, left high chop.

28. High twist stance, right rising block, left chop.

29. Left back leg front kick, left back fist and yell in crossed stance.

30. Turn north, right chop block, left back punch.

31. Left chop block, right back punch.

32. Right foot to left facing west, closed fist, low X block chin level followed by high double “V” chop.

33. Going north, offensive right leg sidekick, left back punch.

34. Turn south, left chop block, right back punch.

35. Right foot to left, cross wrists (left outside), double chop down at sides, making full arc to a fold with the right hand on top.

36. Turn north, right chop block, left back punch and yell.

37. Left step to right, high closed stance, cross wrists (left outside), hands up making full downward arc to right hand over left fist to chin level.

38. Bow.