

Joonbi: similar to CB 7 but hands are separated on sword (sword parallel to ground)

- 1) Vertical block/check to left
- 2) Turn 90° right (CW), do horizontal cut to right, set in right front stance
- 3) Slide Right foot to Left, turn 180° left (CCW), loop sword over head, horizontal cut to left, set in left front stance
- 4) Step forward, right front stance, thrust with left hand on right elbow
- 5) Turn 180° left (CCW), do horizontal cut to left, set in left front stance
- 6) Turn 90° left (CCW), slide right foot to left, low block/check to left low block/check to right raise to left crane stance doing downward cut to right side
- 7) repeat #1 from crane stance
- 8) Turn 270° right (CW), do horizontal cut to right, set in right front stance...
- 9) immediately turn 360° right (CW), looping sword over head, do horizontal cut to right, set in right front stance
- 10) Turn 180° left (CCW), do left high block with knifehand and downward cut
- 11) Pivot 180° right (CW), figure 8 (start low on left to upper right)
- 12) While finishing figure 8 Step forward, left mantis (half-kimase) stance, turning 180° right (CW) doing low block w/sword
- 13) Jump over attacker, turning 180° right (CW) landing in right back stance doing downward cut (end next to right leg) (rock back so front toes come up)
- 14) Step forward thrust, set in right front stance
- 15) Pull sword tip upward until vertical, slide right back to left, turn 270° left (CCW), set in kimase stance (facing front), downward cut to right with left arm matching movement
- 16) Jump up, turn 90° left (CCW) landing in kimase stance doing reinforced downward cut (left hand on back of sword) and shift to right mantis stance with Kiap
- 17) Repeat #6
- 18) (from crane stance) repeat blocks/checks from 9 then turn 90° right (CW) to right tiger stance for downward cut
- 19) same stance, do an over-extended (starting to fall off balance) horizontal cut to left
- 20) leave sword at end of cut, back leg (right) sweep setting in a cross-legged stance while sword sweeps to right across middle section and lands on back of left wrist above head (this movement causes a 180° right [CW] pivot on cross-legged stance)
- 21) left foot sets out to horse stance (toward back), sword does downward cut to right, left arm matches movement
- 22) do blocks/checks from # 6, change downward cut to tuck sword under arm
- 23) turn left 360°, doing hurricane kick (left fake, right kick), landing in horse stance (facing front), repeat downward cut with matching left arm
- 24) do blocks/checks from #6, left foot steps around 90° right (CW) to horse stance (facing side û left foot toward front of room), repeat downward cut with matching arm
- 25) do blocks/checks from #6, left foot steps around, turn 180° right (CW) to horse stance (facing side with left foot toward back of room), repeat downward cut with matching arm and Kiap
- 26) tuck sword onto right shoulder, right round kick (toward front), spinning hook kick (toward front), set forward
- 27) roll backward, rising to left back stance (facing front), do blocks/checks from #6 (stay in back stance)

28) loop sword over head while spinning left (CCW) 360° to right kneeling cross-legged stance  
doing horizontal cut to left

29) spin back 360°, left kneeling back stance doing horizontal cut to right

30) rise to left back stance doing blocks/checks and cut from # 6

Barro - same stance, do blocks/checks from # 6, change downward cut to tuck sword  
under arm while sliding right foot to left (cha-ryut)