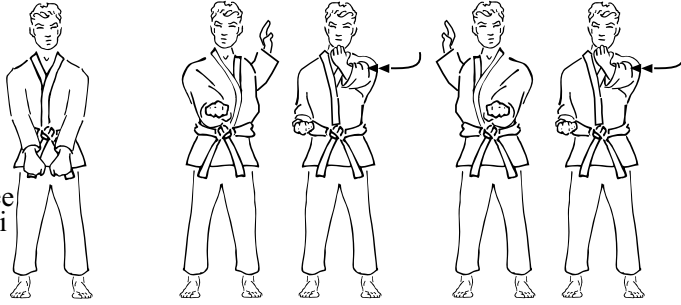


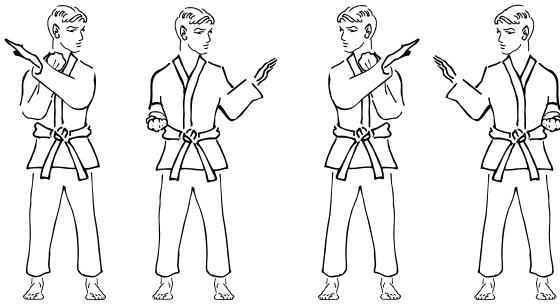
Basic Number Two

Junbee Seogi



1. Sonnal Mok Chigi - Knife Hand Neck Strike

Preparation is from outside of body (not behind neck or ear).
Finish position has palm facing directly up to sky with striking arm perfectly straight. Non-striking arm is in a fist attached at hip or belt.

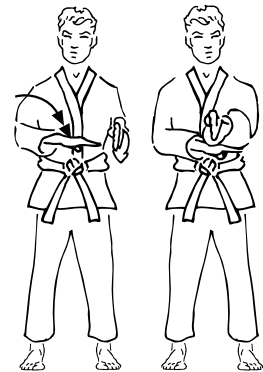
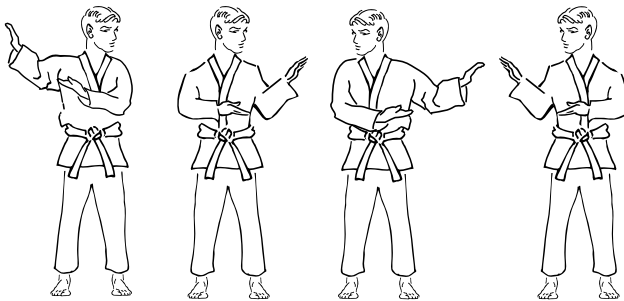


NOTE:

NO BEND IN WRIST WHILE EXECUTING KNIFE HAND.
FOREARM THROUGH FINGERTIP SHOULD BE LIKE A
SWORD BLADE. STRAIGHT.
ALL FINGERTIPS ARE AT SHOULDER HEIGHT.

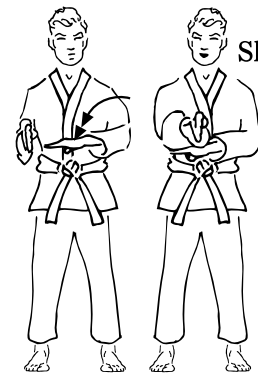
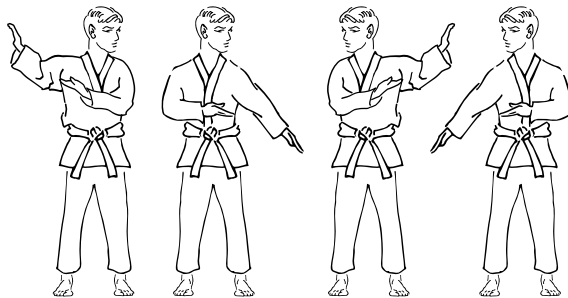
2. Han Sonnal Bakkat Makki - Single Knife Hand Block

Preparation is from outside of non blocking arm executing to side.
Other hand is in a fist at side.
Finger tips are at shoulder height with wrist straight.



3. Sonnal Momtong Makki - Body Knife Hand Block

Preparation is more compact and not fully extended. Blocking hand is same as above.
Cover hand is over solar plexus 2 inches off of body and not touching
with wrist in front of solar plexus.



Shout!

4. Sonnal Area Makki - Knife Hand Low Block

Preparation is more compact and not too high. Low hand is directed diagonally
downward. Cover hand same as above.

5. Pyonsonkeut Sewo Tzireugi - Spear Strike

Left hand first. Spear tips are at solar plexus
with cover hand under two inches under elbow
and not touching.