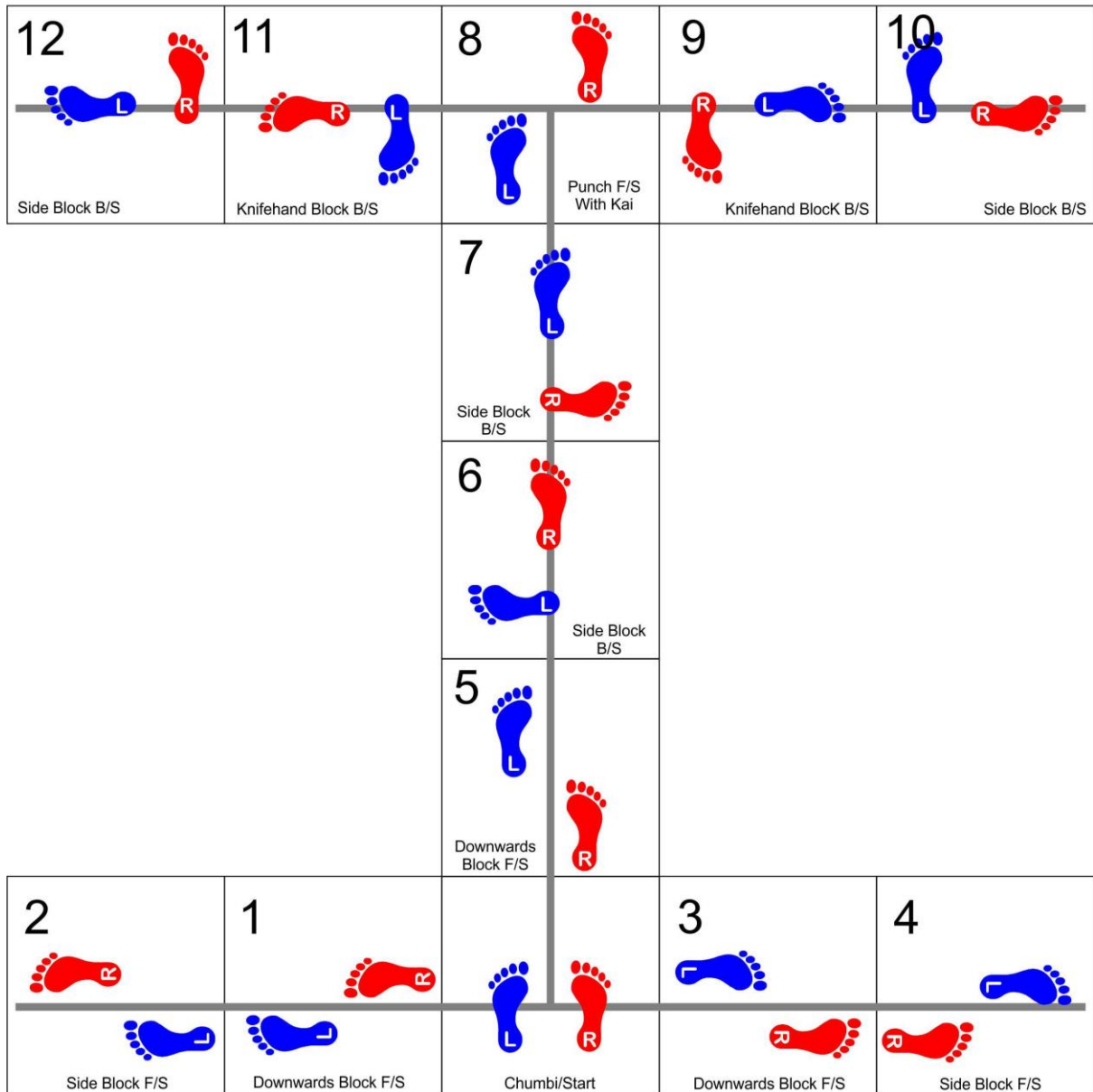
















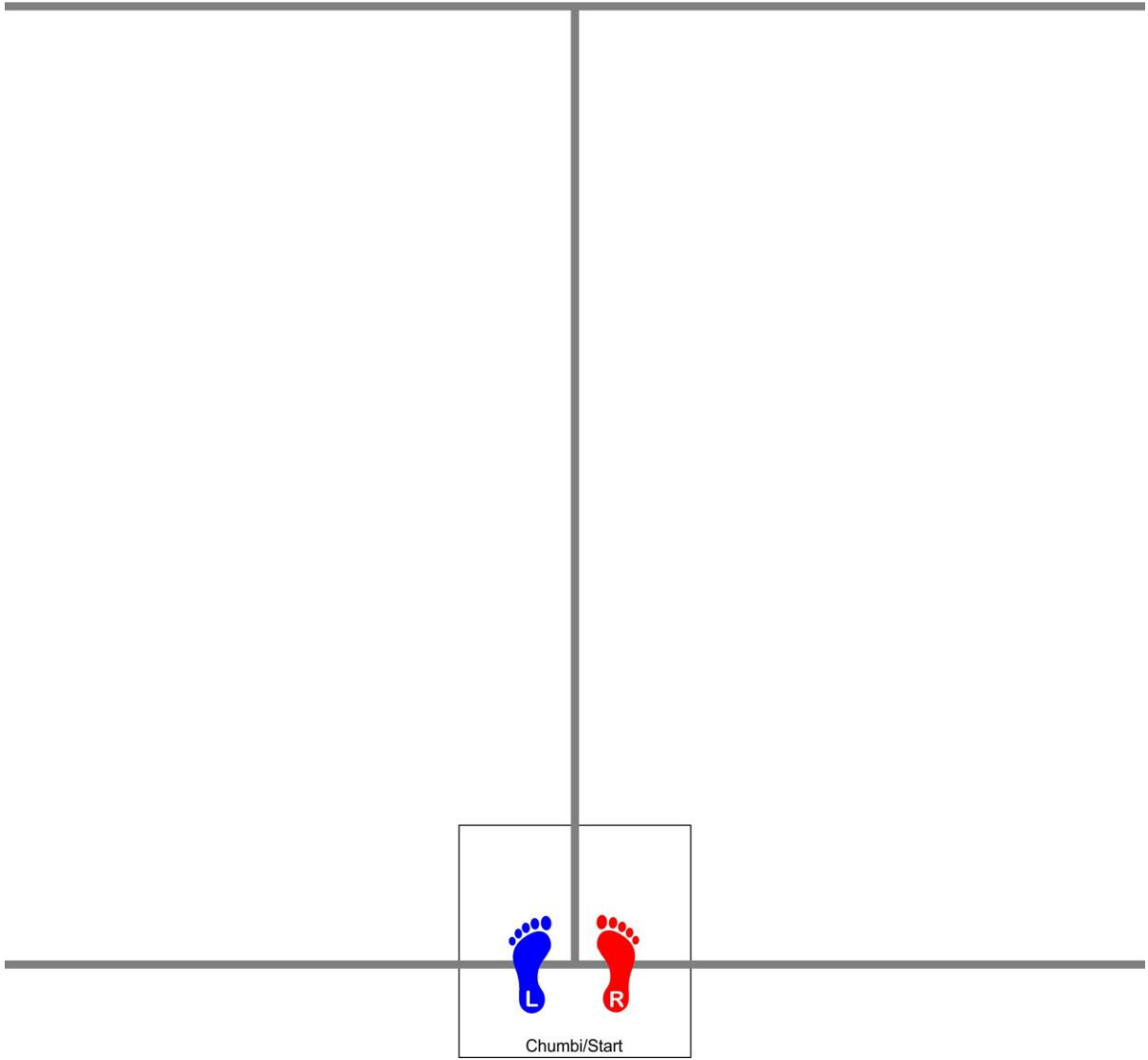


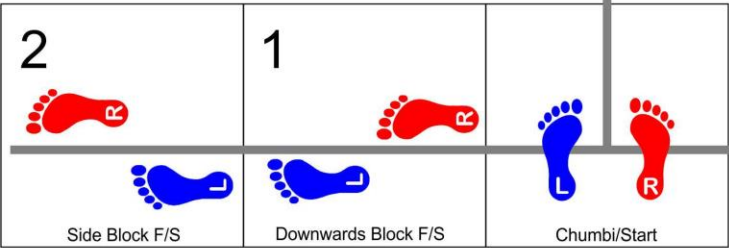
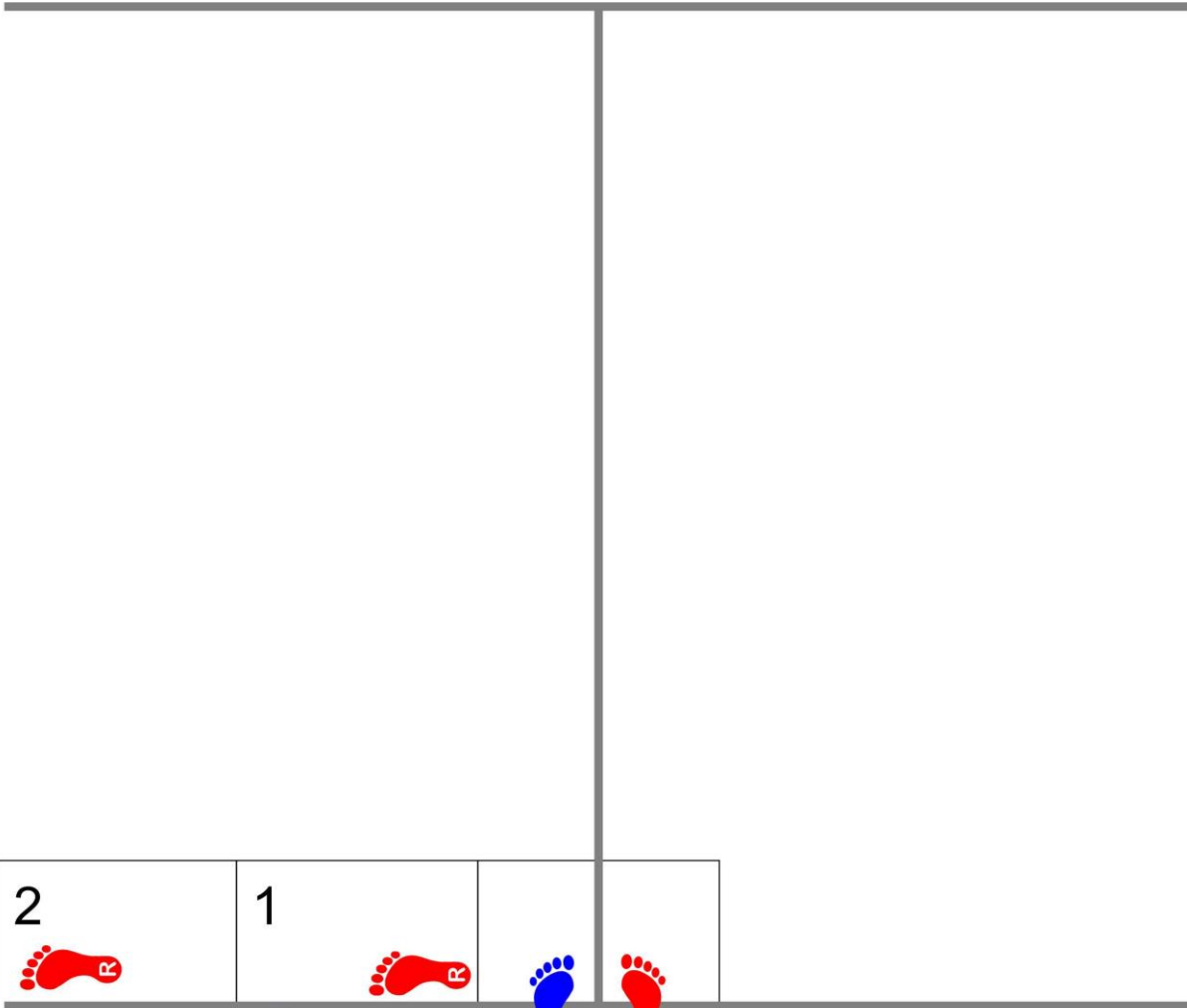
# To the Front of the IL Jang Kata



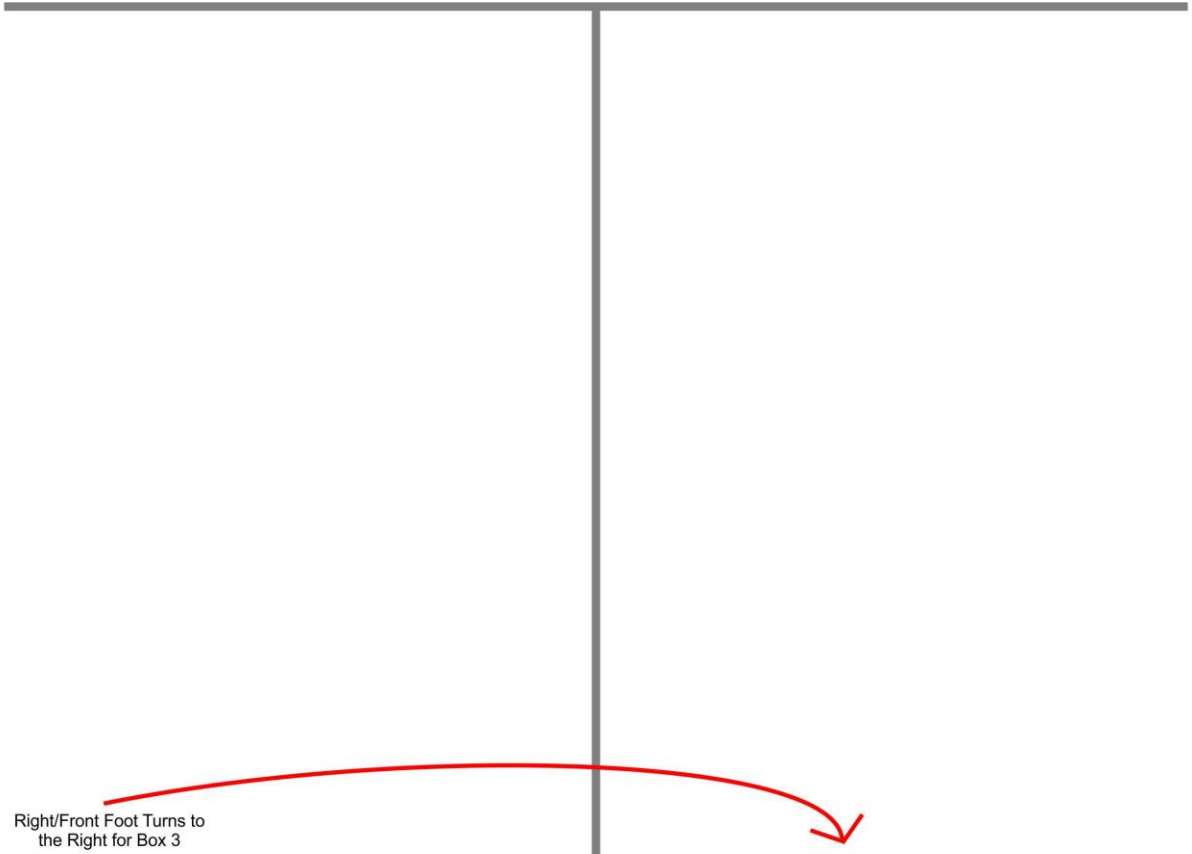
# To the Back of the IL Jang Kata

		<p>13 </p> <p>Downwards Block F/S</p> <p></p>			
		<p>14</p> <p></p> <p>Inside Chop F/S</p> <p></p>			
		<p>15 </p> <p>Inside Chop F/S</p> <p></p>			
<p>18</p> <p></p> <p></p> <p>Side Block F/S</p>	<p>17</p> <p></p> <p></p> <p>Downwards Block F/S</p>	<p>16</p> <p></p> <p></p> <p>Punch F/S With Kai</p>	<p>19</p> <p></p> <p></p> <p>Downwards Block F/S</p>	<p>20</p> <p></p> <p></p> <p>Side Block F/S</p>	













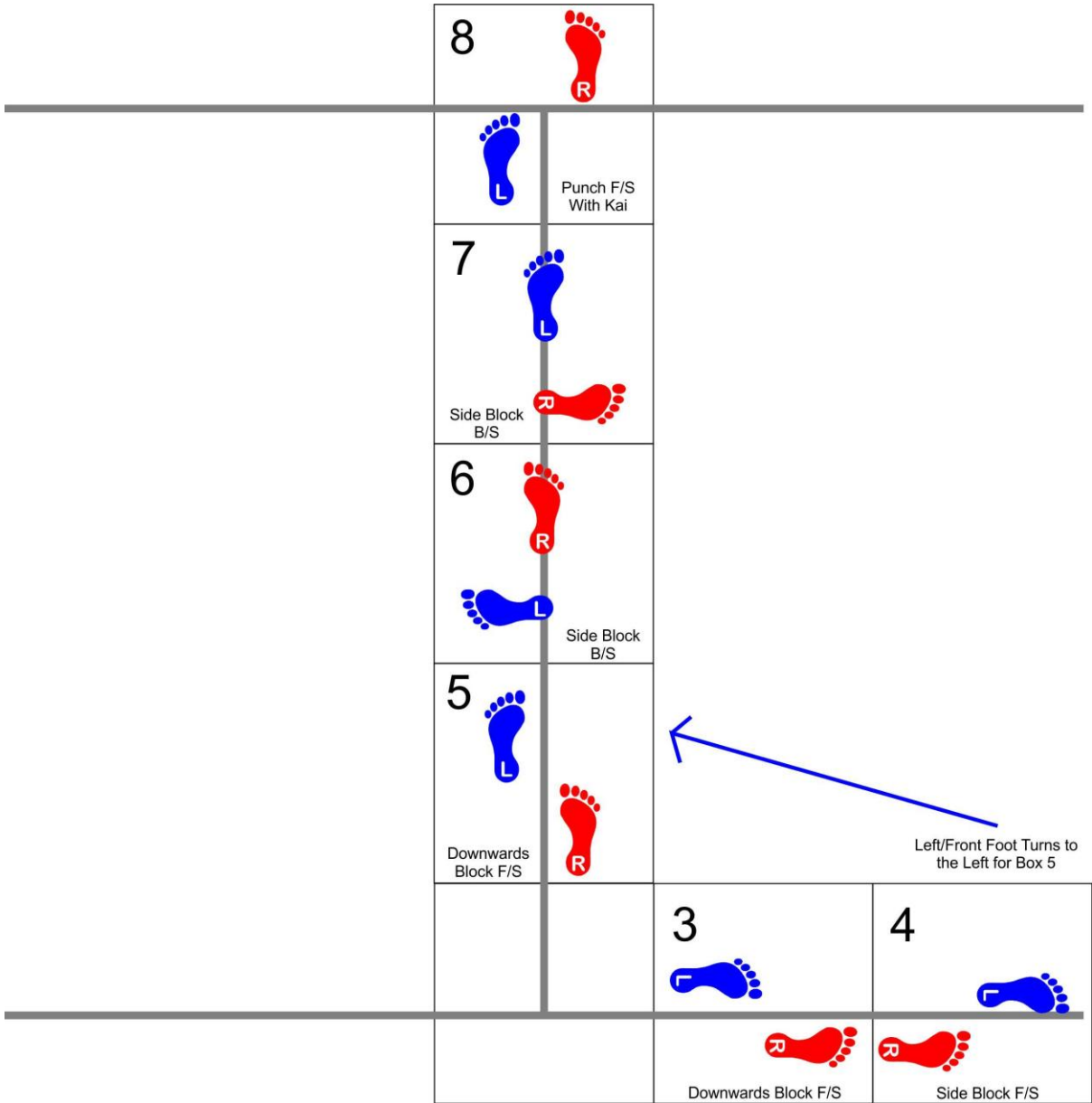


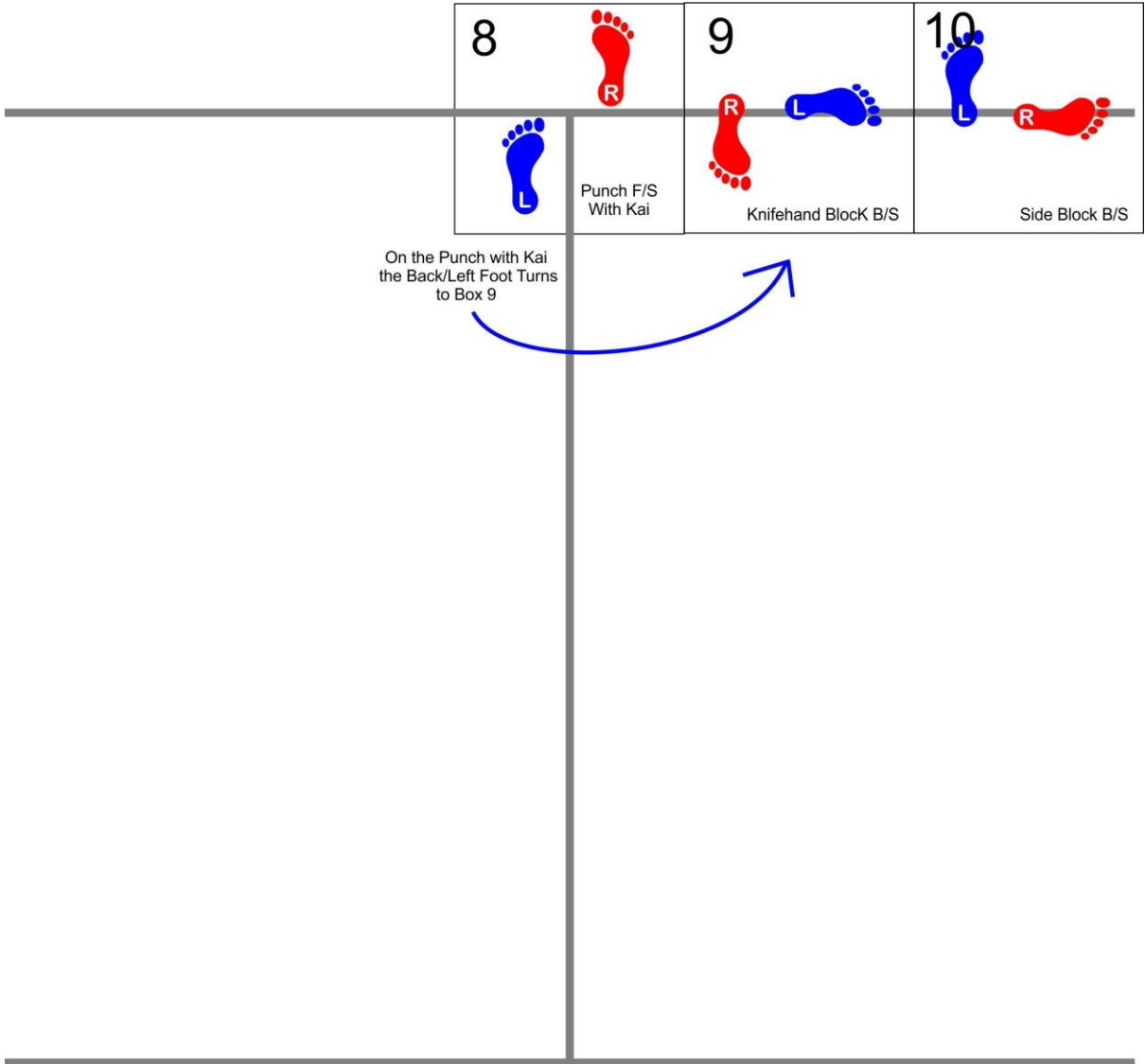
Left Foot Steps to the Left for Box 1 ←

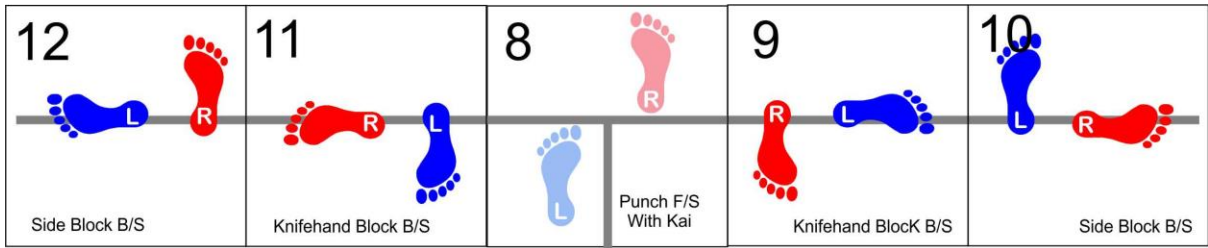


Right/Front Foot Turns to the Right for Box 3

<p>2</p>   <p>Side Block F/S</p>	<p>1</p>   <p>Downwards Block F/S</p>	  <p>Chumbi/Start</p>	<p>3</p>   <p>Downwards Block F/S</p>	<p>4</p>   <p>Side Block F/S</p>
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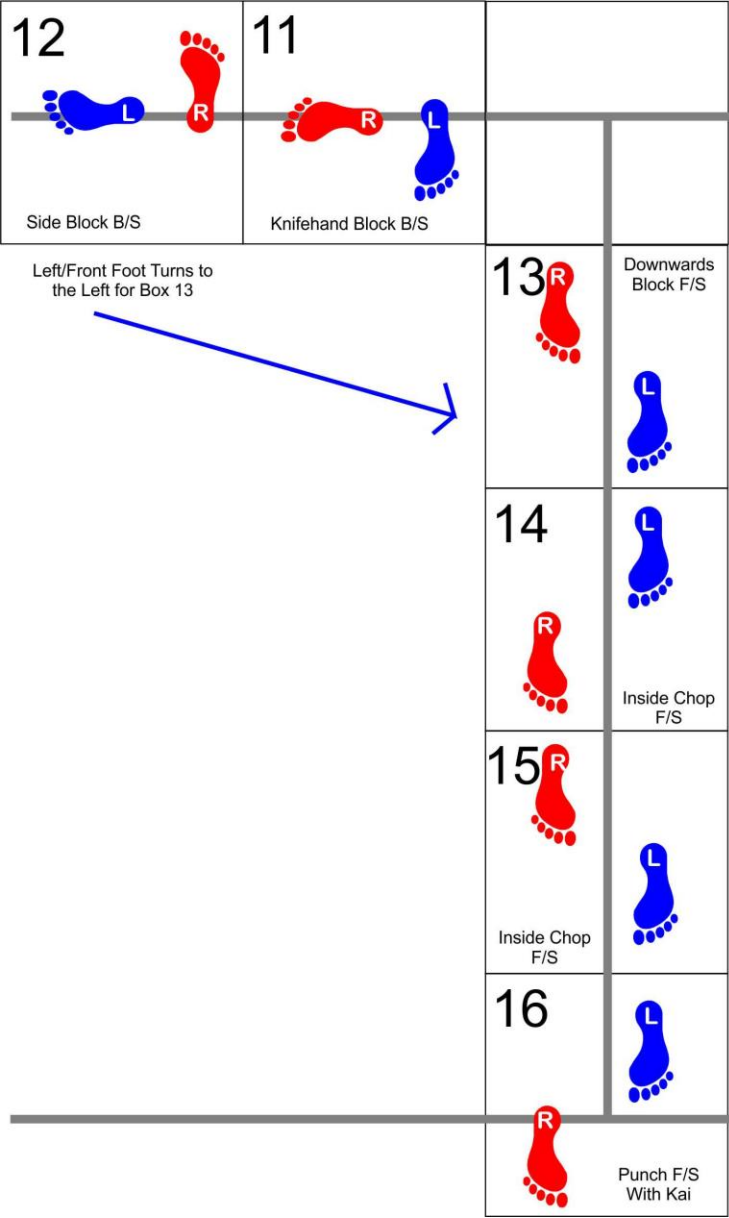


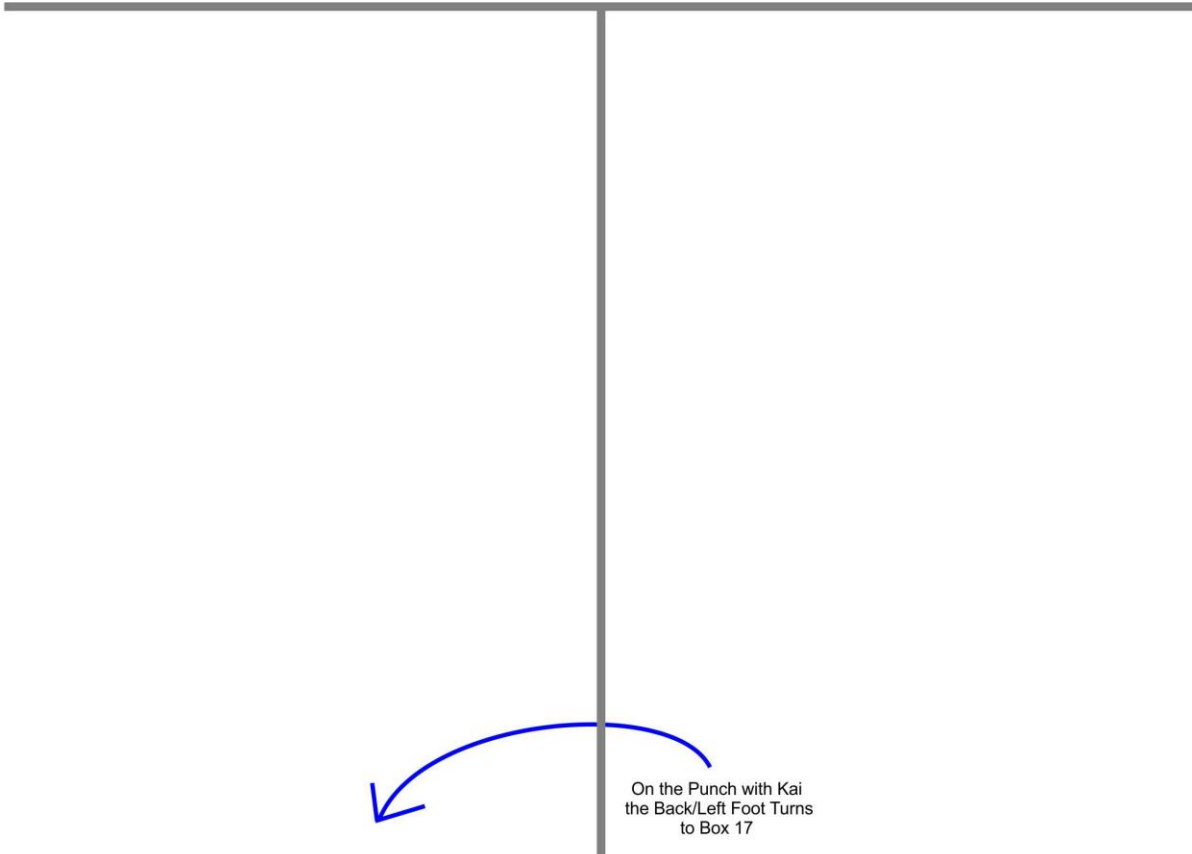









Right/Front Foot Turns to the Right for Box 11

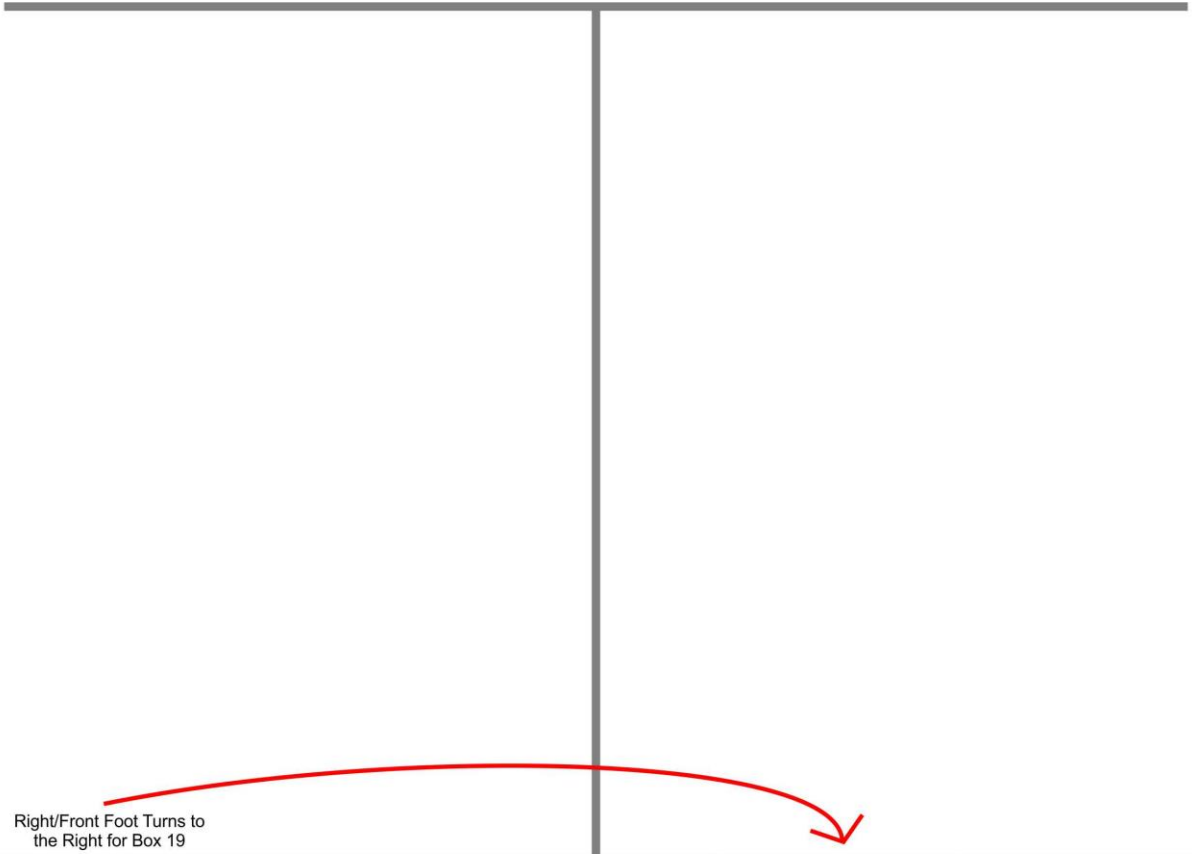


















<p>18</p> 	<p>17</p> 	<p>16</p> 	
 <p>Side Block F/S</p>	 <p>Downwards Block F/S</p>		<p>Punch F/S With Kai</p>



Right/Front Foot Turns to the Right for Box 19

<p>18</p> 	<p>17</p> 	<p>16</p> 	<p>19</p> 	<p>20</p> 
 <p>Side Block F/S</p>	 <p>Downwards Block F/S</p>	 <p>Punch F/S With Kai</p>	 <p>Downwards Block F/S</p>	 <p>Side Block F/S</p>

