

JUN FAN JKD - DUMMY SETS

SET 9

- 1) HA BOANG SAO (L)
- 2) HA BOANG SAO (R)
- 3) HA BOANG SAO (L)
- 4) TAN SAO (INSIDE ARM L SWINGS UP ACW)
- 5) JIK GERN (L)
- 6) HA BOANG SAO (R)
- 7) TAN SAO (INSIDE ARM R SWINGS UP CW)
- 8) JIK GERN (R)
- 9) TAN SAO (R INSIDE ACROSS BODY) – MAINTAIN CONTACT
- 10) SEUNG JUT SAO JIK DUM TEK (DOUBLE GRAB LEFT HAND ARM & R KICK)
- 11) TAN SAO (L INSIDE ACROSS BODY) – MAINTAIN CONTACT
- 12) SEUNG JUT SAO JIK DUM TEK (DOUBLE GRAB RIGHT HAND ARM & L KICK)
- 13) GOANG SAO JONG SAO (R HIGH L LOW)
- 14) HUEN SAO JONG SAO (R HOOKS UNDER)
- 15) JUT SAO DA JIK GERN (L, R)
- 16) JAO SAO (R UNDER & AROUND) & SEUNG BIU GEE
- 17) SEUNG JUT SAO
- 18) SEUNG TOK SAO (LIFTING UP ARMS)

SET 10

- 1) MON SAO (R OUTSIDE ARM) – INQUISITIVE HAND
- 2) JUK TEK (R), STEP TO R
- 3) MON SAO (L)
- 4) JUK TEK (L)
- 5) GOANG SAO JONG SAO (R HIGH L LOW)
- 6) JEP SAO (PAC SAO WITH L & R TOGETHER, L HIGH R LOW) - USED TO HYPEREXTEND ELBOW
- 7) JEP SAO (PAC SAO WITH L & R TOGETHER, R HIGH L LOW)
- 8) JEP SAO (PAC SAO WITH L & R TOGETHER, L HIGH R LOW)
- 9) JEP SAO (L DOWN R UP)
- 10) JEP SAO (R DOWN L UP)
- 11) JEP SAO (L DOWN R UP)
- 12) GUM SAO (R), STEP TO L
- 13) PAC SAO JIK DUM TEK (L OUTSIDE, R)
- 14) GUM SAO (L), STEP TO R
- 15) PAC SAO JIK DUM TEK (R OUTSIDE, L)
- 16) GOANG SAO JONG SAO (R HIGH L LOW) WITH R LEG INSERTED AGAINST DUMMY
- 17) GOANG SAO JONG SAO (L HIGH R LOW) WITH L LEG INSERTED
- 18) GOANG SAO JONG SAO (R HIGH L LOW) + L SO GEK (SWEEP) TO LEG
- 19) SEUNG TOK SAO JIK DUM TEK (L)

EXIT WITH JUN FAN SALUTATION