

# *Abo Nim*

Belt Level: High Orange

Master Young Jou Jeun provided the inspiration for the integration of the different concepts of many types of Martial Arts into the style known as “Li K'an” which is the forerunner of the Quan Li K'an style. His life was devoted to martial arts training at an early age. After becoming an international champion he spread his teaching of TKD across Europe and the United states. And, while not directly involved with the creation of QLK, with out his teachings the style of Quan Li K'an could never have been developed.

- 1.) Jhoon-Bi
- 2.) Turn left (90°) into Back Stance, Single Knife Hand Strike with left hand
- 3.) Step forward into Front Stance, High Punch to face with right fist
- 4.) Turn right (180°) into Back Stance, Single Knife Hand Strike with right hand
- 5.) Step forward into Front Stance, High Punch to face with left fist
- 6.) Turn left (90°) into Front Stance, Down Block with the left arm
- 7.) Back Step forward into Side Kick, with left foot finshing in a Double Knife Hand Strike
- 8.) Back Step forward into Side Kick, with left foot finshing in a Double Knife Hand Strike
- 9.) Back Step forward into Side Kick, with left foot finshing in a Double Knife Hand Strike
- 10.) Turn right (270°), pivoting on front foot, into Back Stance, Back Fist Strike with right fist
- 11.) Turn left (90°) into Spinning Side Kick with left foot finishing in a Double Knife Hand Strike
- 12.) Turn left (180°) into Back Stance, Back Fist Strike with left fist
- 13.) Turn right (90°) into Spinning Side Kick with right foot finishing in a Double Knife Hand Strike
- 14.) Turn left (90°) bringing right foot back to center, step forward with right foot into Back Stance, Double Knife Hand Block
- 15.) Front Step forward into Round House kick with right foot, finshing in a Back Stance Double Knife Hand Strike
- 16.) Front Step forward into Round House kick with right foot, finshing in a Back Stance Double Knife Hand Strike
- 17.) Front Step forward into Round House kick with right foot, finshing in a Back Stance Double Knife Hand Strike
- 18.) Turn left (270°) into Front Stance, Side Fist Strike with left fist keeping elbow at Midsection
- 19.) Hold foot position and Punch to midsection with right fist
- 20.) Turn right (180°) into Front Stance, Side Fist Strike with right fist
- 21.) Hold foot position and Punch to midsection with left fist
- 22.) Hold position until Sensei says “Ba-ro”
- 23.) Turn left (90°) into Jhoon-Bi drawing right foot back to center

<b>- Types of Steps in this Kata -</b>	
<b><u>Front Step</u></b>	<b><u>Back Step</u></b>
Opposite foot steps in front of kicking foot	Opposite Foot Steps behind kicking foot