

Ki Cho Hyung Il Bu

Basic Form Number 1

1. Ready stance.
2. Look to the left and turn 90 degrees with your left foot forward. Execute a low block with the left arm in front stance.
3. Step forward with the right foot into front stance and execute a center punch with the right hand.
4. Look to the right and turn 180 degrees with your right foot forward. Execute a low block with the right arm in front stance.
5. Step forward with the left foot into front stance and execute a center punch with the left hand.
6. Look to the left and turn 90 degrees with you left foot forward. Execute a low block with the left arm in front stance.
7. Step forward with the right foot into front stance and execute a center punch with the right hand.
8. Step forward with the left foot into front stance and execute a center punch with the left hand.
9. Step forward with the right foot into front stance and execute a center punch with the right hand. Kihap!
10. Look to the left, move the left foot and turn 270 degrees with your left foot forward. Execute a low block with the left arm in front stance.
11. Step forward with the right foot into front stance and execute a center punch with the right hand.
12. Look to the right and turn 180 degrees with your right foot forward. Execute a low block with the right arm in front stance.
13. Step forward with the left foot into front stance and execute a center punch with the left hand.
14. Look to the left and turn 90 degrees with you left foot forward. Execute a low block with the left arm in front stance.
15. Step forward with the right foot into front stance and execute a center punch with the right hand.
16. Step forward with the left foot into front stance and execute a center punch with the left hand.
17. Step forward with the right foot into front stance and execute a center punch with the right hand. Kihap!
18. Look to the left, move the left foot and turn 270 degrees with your left foot forward. Execute a low block with the left arm in front stance.
19. Step forward with the right foot into front stance and execute a center punch with the right hand.
20. Look to the right and turn 180 degrees with your right foot forward. Execute a low block with the right arm in front stance.
21. Step forward with the left foot into front stance and execute a center punch with the left hand.
22. Return stance.