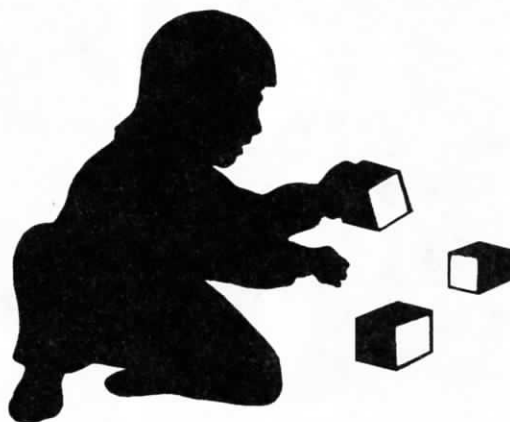


Kee Cho Hyung



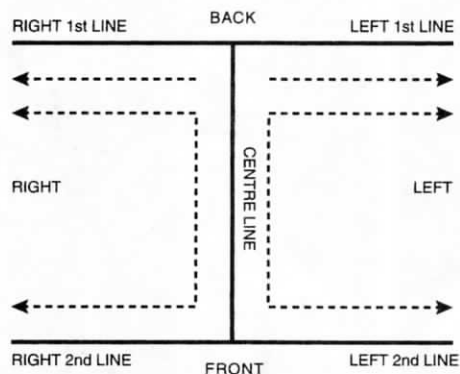
Kee Cho Hyung is structured so that beginners can practise basic techniques as a coherent linked exercise:

Kee Cho Hyung Il Boo

Kee Cho Hyung Ee Boo

Kee Cho Hyung Sam Boo.

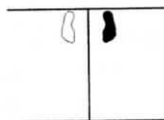
Kee Cho Hyung Direction



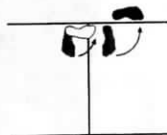
Kee Cho Hyung Il Boo

Basic form I (20 movements)

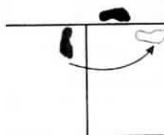
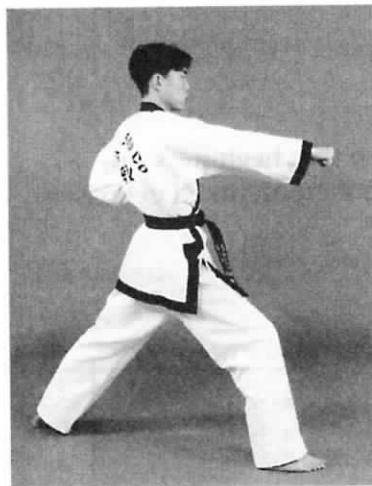
Joon Bee Jase
Ready stance.



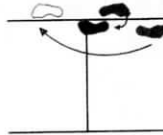
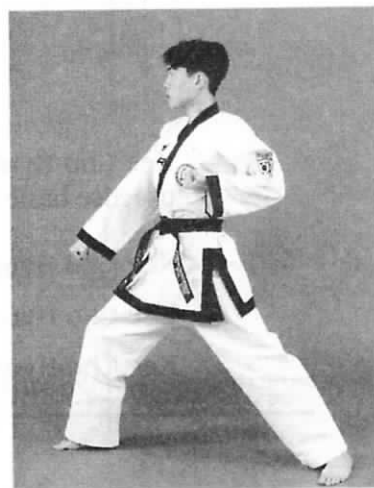
① *Ha Dan Mahk Kee*
Look to the left and turn 90° onto the first left line, left foot forwards. Execute a low block with the left arm in front stance.



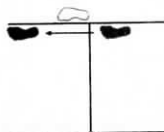
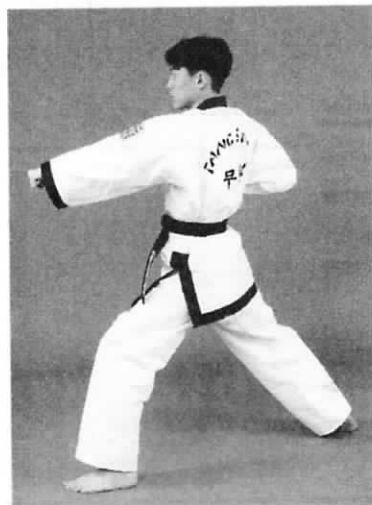
② *Joong Dan Kong Kyuk*
Step forwards with the right foot and middle punch with the right fist in front stance.



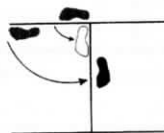
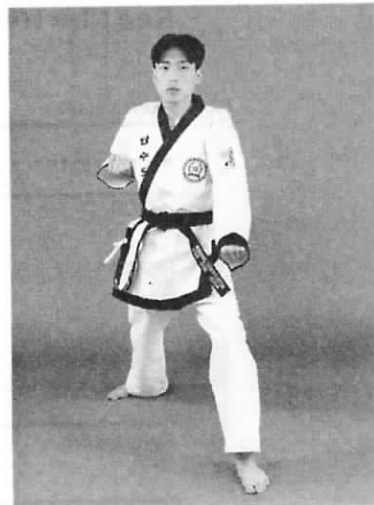
③ *Ha Dan Mahk Kee*
Look to the right and turn 180° onto the first right line, right foot forwards. Execute a low block with the right arm in front stance.



④ *Joong Dan Kong Kyuk*
Step forwards with the left foot and middle punch with the left fist in front stance.



⑤ *Ha Dan Mahk Kee*
Look to the left and turn 90° onto the centre line, left foot forwards. Execute a low block with the left arm in front stance.



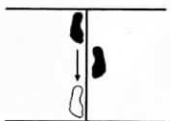
⑥ *Joong Dan Kong Kyuk*
Step forwards with the right foot and middle punch with the right fist in front stance.



⑦ *Joong Dan Kong Kyuk*
Step forwards with the left foot and middle punch with the left fist in front stance.



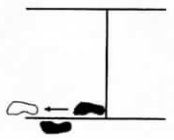
⑧ *Joong Dan Kong Kyuk [Ki-ahp]*
Step forwards with the right foot, execute a middle punch with the right fist in front stance and shout.



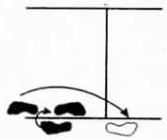
⑨ *Ha Dan Mahk Kee*
Look to the left, move the left foot and turn 270° onto the second right line, left foot forwards. Execute a low block with the left arm in front stance.



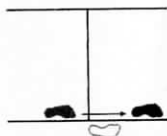
⑩ *Joong Dan Kong Kyuk*
Step forwards with the right foot and middle punch with the right fist in front stance.



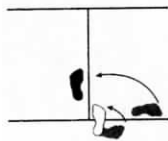
⑪ *Ha Dan Mahk Kee*
Look to the right and turn 180° onto the second left line, right foot forwards. Execute a low block with the right arm in front stance.



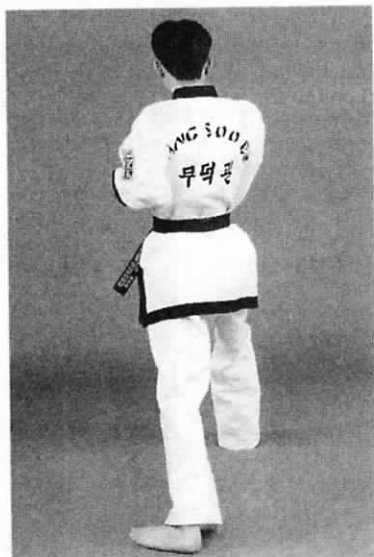
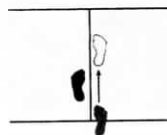
12 Joong Dan Kong Kyuk
Step forwards with the left foot and middle punch with the left fist in front stance.



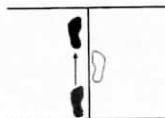
13 Ha Dan Mahk Kee
Look to the left and turn 90° onto the centre line, left foot forwards. Execute a low block with the left arm in front stance.



14 Joong Dan Kong Kyuk
Step forwards with the right foot and middle punch with the right fist in front stance.



15 Joong Dan Kong Kyuk
Step forwards with the left foot and middle punch with the left fist in front stance.



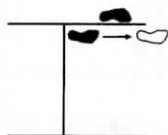
16 Joong Dan Kong Kyuk [Ki-ahp]
Step forwards with the right foot, execute a middle punch with the right fist in front stance and shout.



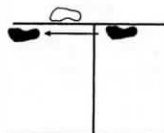
17 Ha Dan Mahk Kee
Look to the left, move the left foot and turn 270° onto the first left line, left foot forwards. Execute a low block with the left arm in front stance.



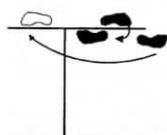
● *Joong Dan Kong Kyuk*
Step forwards with the right foot and middle punch with the right fist in front stance.



● *Joong Dan Kong Kyuk*
Step forwards with the left foot and middle punch with the left fist in front stance.



● *Ha Dan Mahk Kee*
Look to the right and turn 180° onto the first right line, right foot forwards. Execute a low block with the right arm in front stance.



Ba-ro Jase
Pull the left foot back into return stance.

