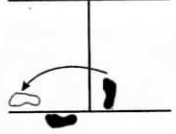
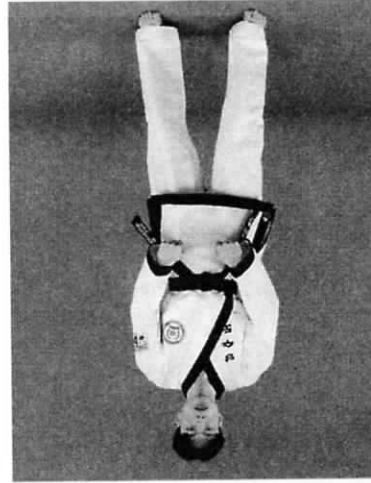
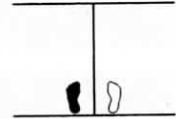


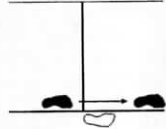
Kee Cho Hyung Ee Boo

Basic form II (20 movements)

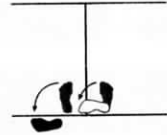
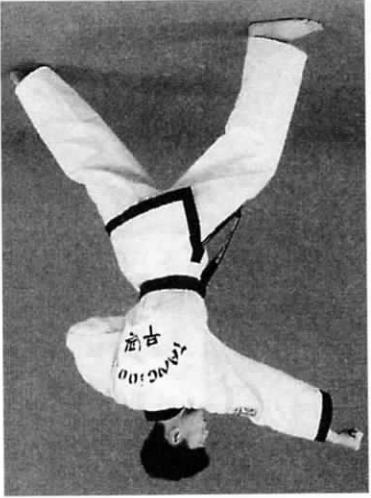
Joong Bee Jase
Ready stance.



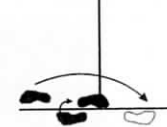
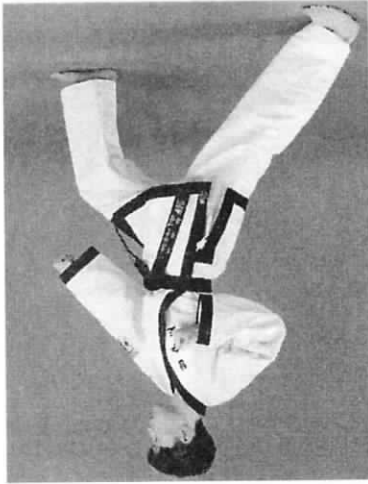
② Sang Dan
Kong Kyuk
Step forwards
with the right
foot and high
punch with the
right arm in
front stance.



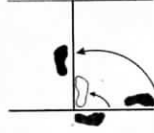
④ Sang Dan
Kong Kyuk
Step forwards
with the left
foot and high
punch with the
left fist in front
stance.



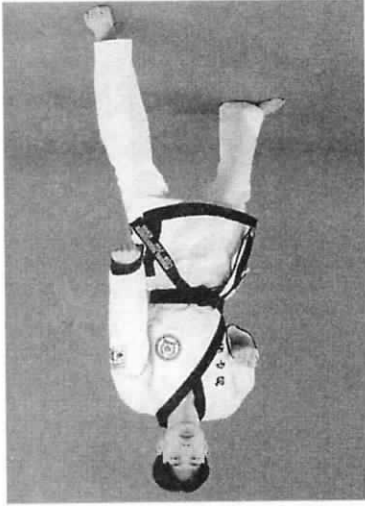
① Ha Dan
Mahk Kee
Look to the left
and turn 90°
onto the first
left line, left
foot forwards.
Execute a low
block with the
left arm in front
stance.



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.

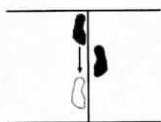


⑤ Ha Dan
Mahk Kee
Look to the left
and turn 90°
onto the centre
line, left foot
forwards.
Execute a low
block with the
left arm in front
stance.

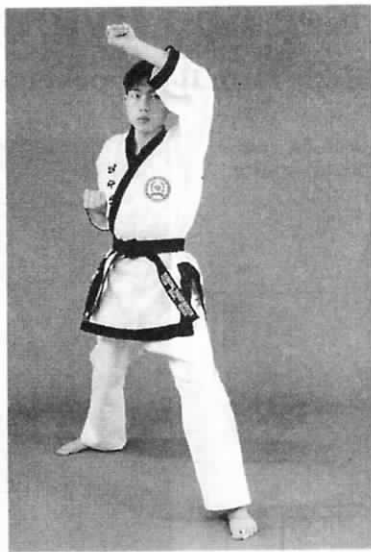
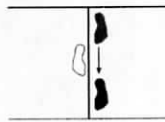


6 Sang Dan Mahk Kee

Step forwards with the right foot and high block with the right arm in front stance.



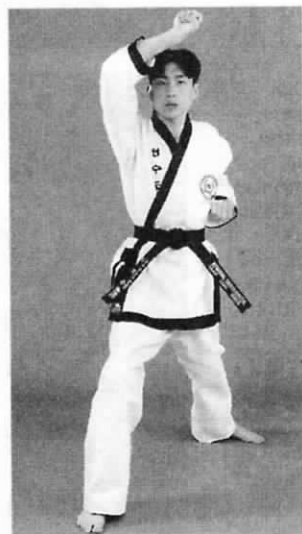
7 Sang Dan Mahk Kee
Step forwards with the left foot and high block with the left arm in front stance.



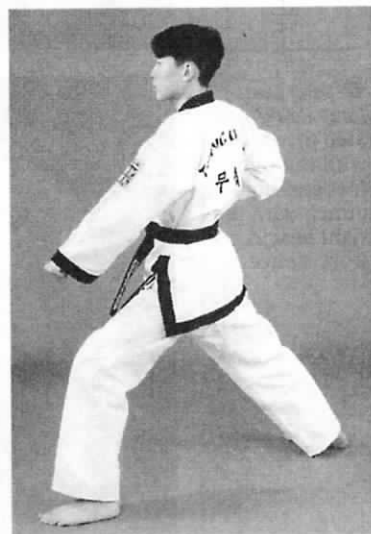
8 Sang Dan Mahk Kee

[Ki-ahp]

Step forwards with the right foot, execute a high block with the right arm in front stance and shout.

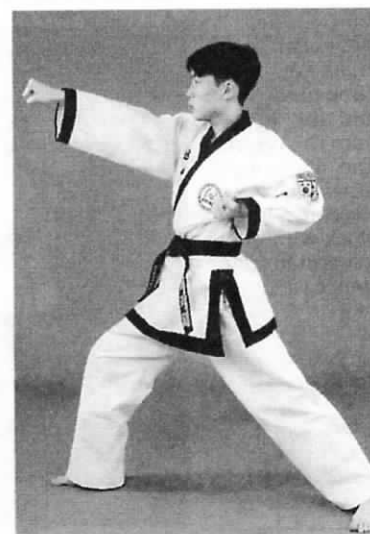
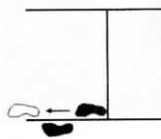


9 Ha Dan Mahk Kee
Look to the left, move the left foot and turn 270° onto the second right line, left foot forwards. Low block with the left arm in front stance.

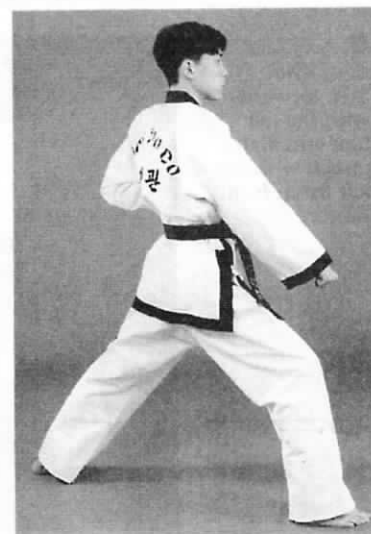
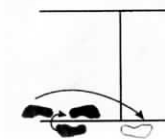


10 Sang Dan Kong Kyuk

Step forwards with the right foot and high punch with the right fist in front stance.

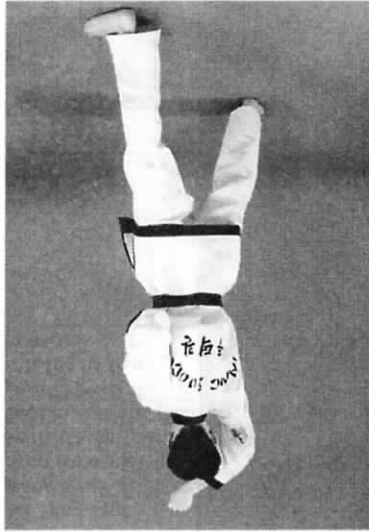
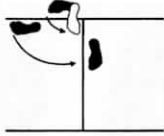


11 Ha Dan Mahk Kee
Look to the right and turn 180° onto the second left line, right foot forwards. Execute a low block with the right arm in front stance.

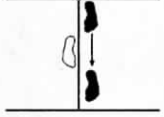




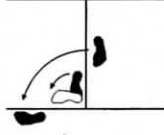
● Ha Dan
Look to the left and turn 90° onto the centre line, left foot and high block with the left arm in front stance.



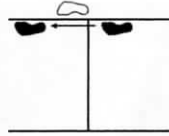
● Sang Dan
Step forwards with the left foot and high block with the left arm in front stance.



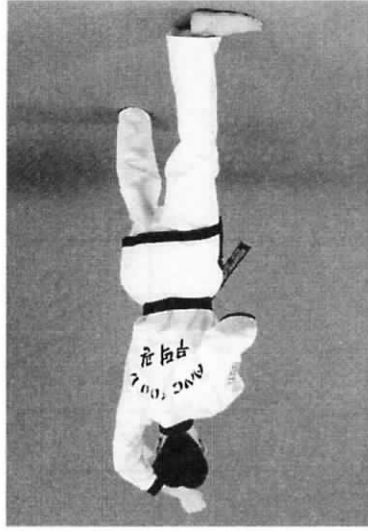
● Ha Dan
Look to the left, move the left foot and turn 270° onto the first left line, left foot forwards. Execute a low block with the left arm in front stance.



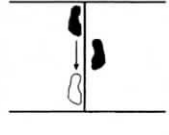
● Sang Dan
Step forwards with the left foot and high punch with the left fist in front stance.



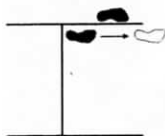
● Sang Dan
Step forwards with the left foot and high block with the right arm in front stance.



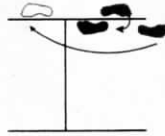
● Sang Dan
[Ki-ahp] Step forwards with the right foot, execute a high block with the right arm in front stance and shout.



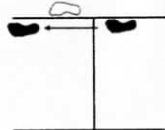
⑩ *Sang Dan Kong Kyuk*
Step forwards with the right foot and high punch with the right fist in front stance.



⑪ *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.



⑫ *Sang Dan Kong Kyuk*
Step forwards with the left foot and high punch with the left fist in front stance.



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

