

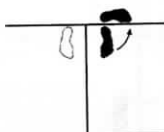
Kee Cho Hyung Sam Boo

Basic form III (20 movements)

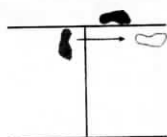
Joon Bee Jase
Ready stance.



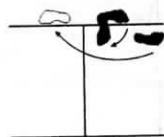
① *Joong Dan Mahk Kee*
Look to the left and turn 90° onto the first left line, left foot forwards. Execute a middle block with the left arm in back stance.



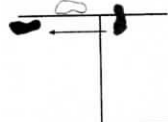
② *Joong Dan Kong Kyuk*
Step forwards with the right foot and middle punch with the right fist in front stance.



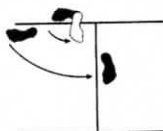
③ *Joong Dan Mahk Kee*
Look to the right and turn 180° onto the first right line, right foot forwards. Execute a middle block with the right arm in back stance.



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 *Hoeng Jin Kong Kyuk*
Step forwards with the right foot and side punch with the right fist in horse stance.



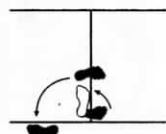
⑦ *Hoeng Jin Kong Kyuk*
Step forwards with the left foot and side punch with the left fist in horse stance.



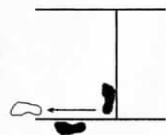
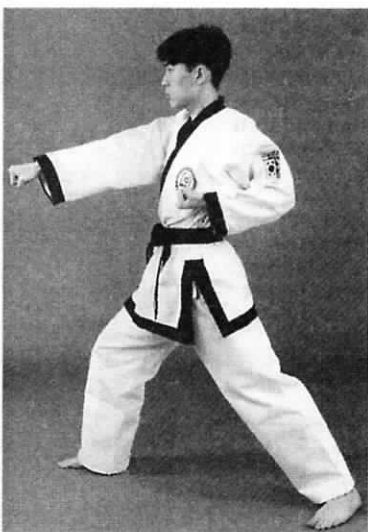
⑧ *Hoeng Jin Kong Kyuk [Ki-ahp]*
Step forwards with the right foot, execute a side punch with the right fist in horse stance and shout.



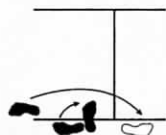
⑨ *Joong Dan Mahk Kee*
Look to the left, move the left foot and turn 270° onto the second right line, left foot forwards. Execute a middle block with the left arm in back stance.



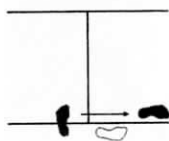
⑩ *Joong Dan Kong Kyuk*
Step forwards with the right foot and middle punch with the right fist in front stance.



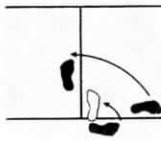
⑪ *Joong Dan Mahk Kee*
Look to the right and turn 180° onto the second left line, right foot forwards. Execute a middle block with the right arm in back stance.



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



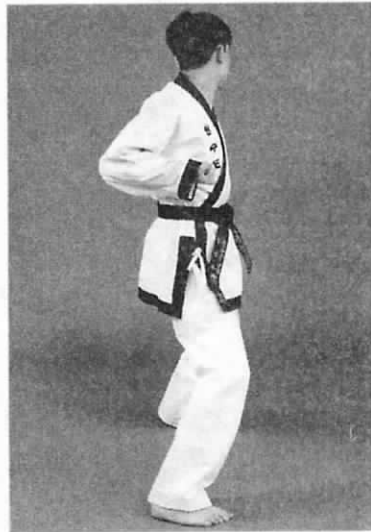
13 Ha Dan Mahk Kee
Look to the left and turn 90° onto the centre line, left foot forwards. Execute a low block with the left arm in front stance.



14 Hoeng Jin Kong Kyuk
Step forwards with the right foot and side punch with the right fist in horse stance.



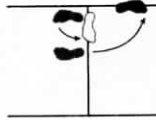
15 Hoeng Jin Kong Kyuk
Step forwards with the left foot and side punch with the left fist in horse stance.



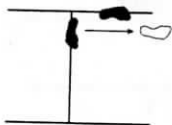
16 Hoeng Jin Kong Kyuk [Ki-ahp]
Step forwards with the right foot, execute a side punch with the right fist in horse stance and shout.



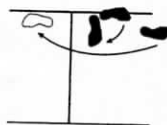
17 Joong Dan Mahk Kee
Look to the left, move the left foot and turn 270° onto the first left line, left foot forwards. Execute a middle block with the left arm in back stance.



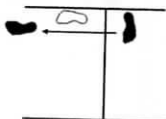
18 *Joong Dan Kong Kyuk*
Step forwards with the right foot and middle punch with the right fist in front stance.



19 *Joong Dan Mahk Kee*
Look to the right and turn 180° onto the first right line, right foot forwards. Execute a middle block with the right arm in back stance.



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



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



