

5. & 21. Step, LH Middle Punch



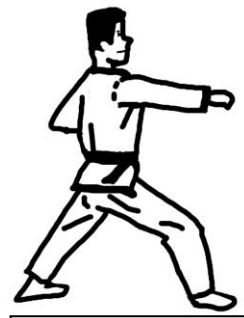
4. Turn R, 180°, RH in to out blk



1 & 22. Choon Bee/Ready Stance



2. Turn L, 90°, LH in to out blk



3. & 19. Step, RH Middle Punch

20. Turn R, 180°, RH in to out blk

18. Turn L, 270°, LH in to out blk

### Gicho Hyung Sam Bu (3<sup>rd</sup> Basic Form)

1. Choon Bee Jaseh
2. Turn L 90° In to Out Block, fighting stance
3. Step, Right Hand Center punch
4. Turn R 180° and In to Out Block, fighting stance
5. Step, Left Hand Center punch
6. Turn L 90° toward center and Left Low Block
7. Step & Side Punch (R), Horse Ride Stance
8. Step & Side Punch (L), Horse Ride Stance
9. Step & Side Punch (R), Horse Ride Stance & Kiyap
10. Turn L 270° In to Out Block, fighting stance
11. Step, Right Hand Center punch
12. Turn R 180° In to Out Block, fighting stance
13. Step, Left Hand Center punch
14. Turn L 90° toward center and low block
15. Step & Side Punch (R), Horse Ride Stance
16. Step & Side Punch (L), Horse Ride Stance
17. Step & Side Punch (R), Horse Ride Stance & Kiyap
18. Turn L 270° In to Out Block, fighting stance
19. Step, Right Hand Center punch
20. Turn R 180° In to Out Block, fighting stance
21. Step, Left Hand Center punch
22. Back to Choon Bee.



6. Turn L, 90°, LH low block



17. Step, RH Side Punch/HRStance Kiyap



7. Step, RH Side Punch/HRStance



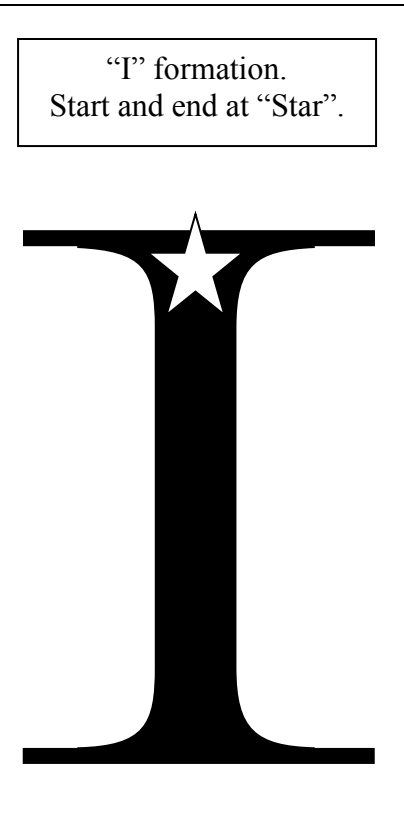
16. Step, LH Side Punch/HRStance



8. Step, LH Side Punch/HRStance



15. Step, RH Side Punch/HRStance



11. Step, RH Middle Punch



10. Turn L, 270° LH i/o blk



9. Step, RH Side Punch/HRStance Kiyap



14. Turn L, 90° LH low blk



12. Turn R, 180° RH i/o blk



13. Step, LH Middle Punch