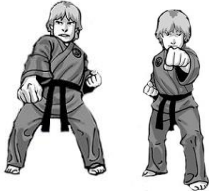




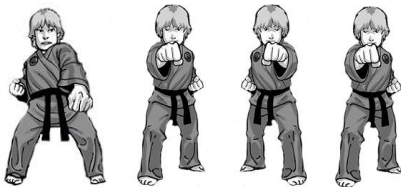
From Choon Bee Jaseh (ready stance). Prepare with Left. Left Hand across (left fist to right shoulder). Left Leg up. Turn Left 90°



Low Block with Left. Step & Punch with Right. Prepare with Right. Right Hand across (right fist to left shoulder). Right Leg up. Turn Right 180°



Low Block with Right. Step & Punch with Left. Prepare with Left. Left Hand across (left fist to right shoulder). Left Leg up. Turn Left 90° (to Center)



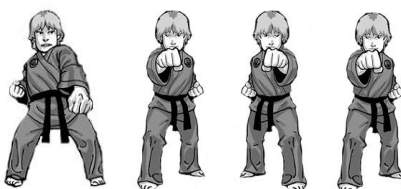
Low Block with Left. Step and Punch with Right. Step and Punch with Left. Step and Punch with Right and Kiyap. Prepare with Left. Left Hand across (left fist to right shoulder). Left Leg up. Turn Left 270° (all the way around to the “back”, and keep going until you are “left” again).



Low Block with Left. Step & Punch with Right. Prepare with Right. Right Hand across (right fist to left shoulder). Right Leg up. Turn Right 180°



Low Block with Right. Step & Punch with Left. Prepare with Left. Left Hand across (left fist to right shoulder). Left Leg up. Turn Left 90° (to Center)



Low Block with Left. Step and Punch with Right. Step and Punch with Left. Step and Punch with Right and Kiyap. Prepare with Left. Left Hand across (left fist to right shoulder). Left Leg up. Turn Left 270° (all the way back around to the “front”, and keep going until you are “left” again).



Low Block with Left. Step & Punch with Right. Prepare with Right. Right Hand across (right fist to left shoulder). Right Leg up. Turn Right 180°

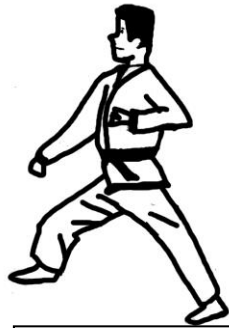


Low Block with Right. Step & Punch with Left. Prepare with Left. Left Hand across (left fist to right shoulder). Left Leg up. Turn Left 90° (to Center) and back to Choon Bee.





5. & 21. Step, LH Middle Punch



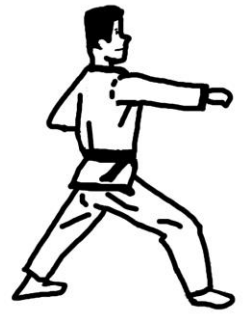
4. Turn R, 180°, RH low blk



1 & 22. Choon Bee/Ready



2. Turn L, 90°, LH low blk



3. & 19. Step, RH Middle Punch

20. Turn R, 180°, RH low blk

18. Turn L, 270°, LH low blk

Kicho Hyung Il Bu

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



6. Turn L, 90°, LH low block



17. Step, RH Punch, KIYAP!



7. Step, RH Punch



16. Step, LH Punch

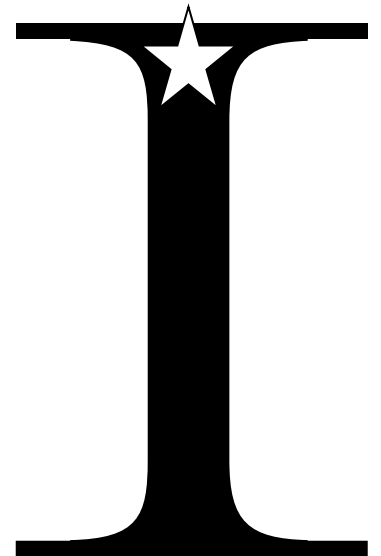


8. Step, LH Punch

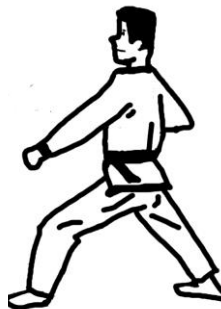


15. Step, RH Punch

“I” formation.
Start and end at “Star”.



11. Step, RH Middle Punch



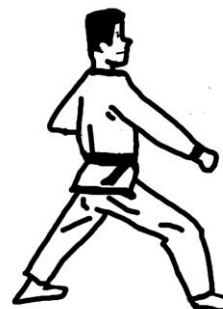
10. Turn L, 270° LH low blk



9. Step, RH Punch, KIYAP!



14. Turn L, 90° LH low blk



12. Turn R, 180° RH low blk



13. Step, LH Middle Punch