

Ki Cho E Chul Bong

1. Choon Be
2. Turn left, left leg fighting stance, vertical block
3. Step forward, long stance, forward high block
4. Turn 180, right leg fighting stance, vertical block
5. Step forward, long stance, forward high block
6. Turn 90 defensive fighting stance, left leg forward
7. Step forward, double block, right leg forward
8. Step forward, double block, right leg forward
9. Step forward, double block, right leg forward
10. Turn 270 left leg fighting stance, vertical block
11. Step forward, long stance, forward high block
12. Turn 180, right leg fighting stance, vertical block
13. Step forward, long stance, forward high block
14. Turn 90 defensive fighting stance, left leg forward
15. Step forward, double block, right leg forward
16. Step forward, double block, right leg forward
17. Step forward, double block, right leg forward
18. Turn 270 left leg fighting stance, vertical block
19. Step forward, long stance, forward high block
20. Turn 180, right leg fighting stance, vertical block
21. Step forward, long stance, forward high block
22. Choon Bee