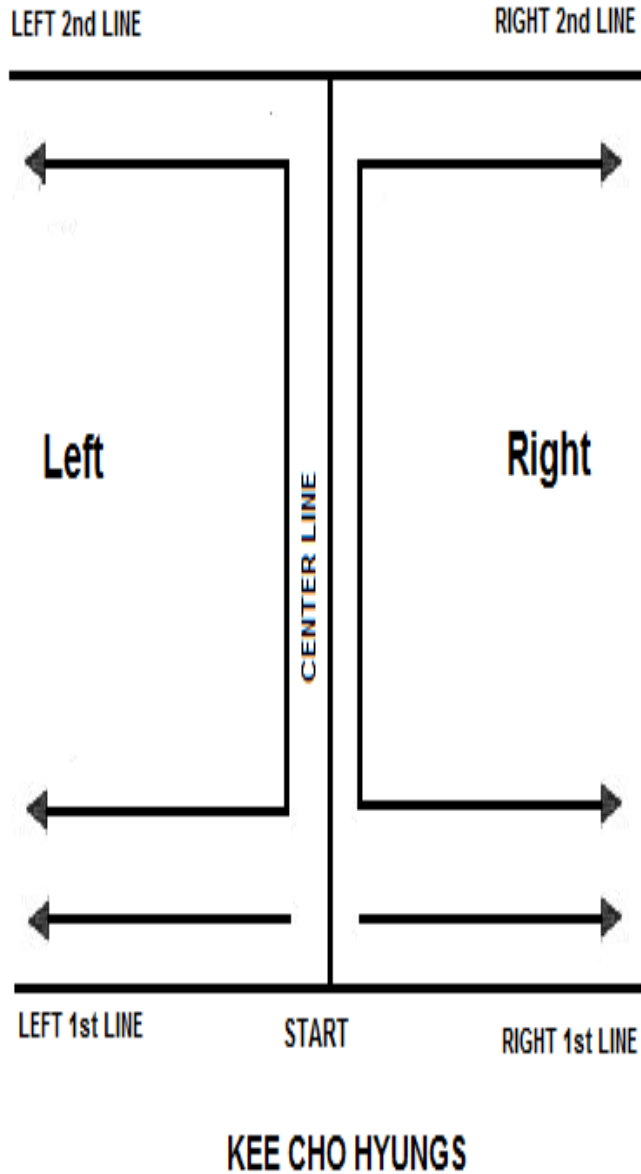
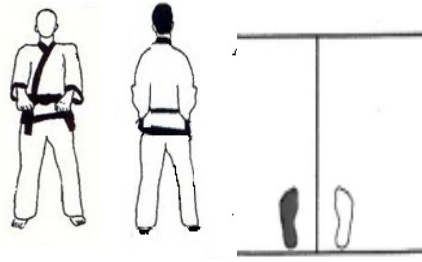


## KEE CHO HYUNG IL BU

This is the first form in the Tang Soo Do Moo Duk Kwan system. This form emphasizes all of the basic stances, and concentrates on the transition between stances. This form was developed by Hwang Kee in 1947 in Seoul, Korea. It contains 22 techniques including Choon Be Jaseh.

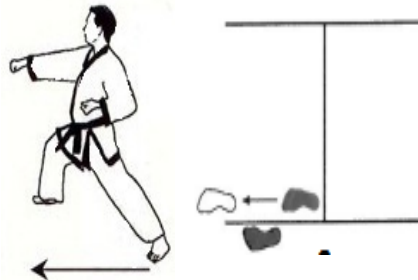


1. Choon Bee Jaseh

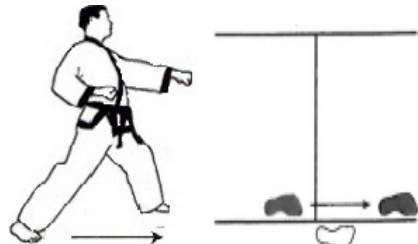


Front View

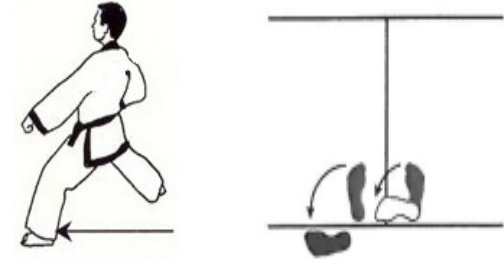
3. Step forward with the right foot into a front stance while executing a right hand center punch.



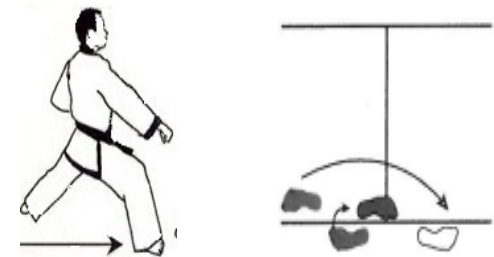
5. Step forward with the left foot into a front stance while executing a left hand center punch.



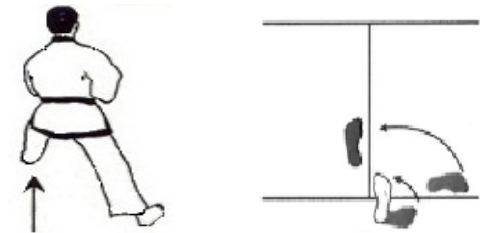
2. **Look left:** Step/turn left 90° with the left foot into a front stance while executing a left hand low block



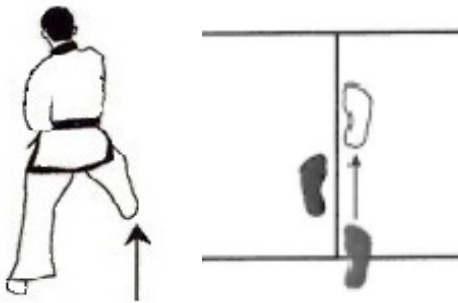
4. **Look over the right shoulder 180°** - turn 180° w/the right foot to into a front stance while executing a right hand low block



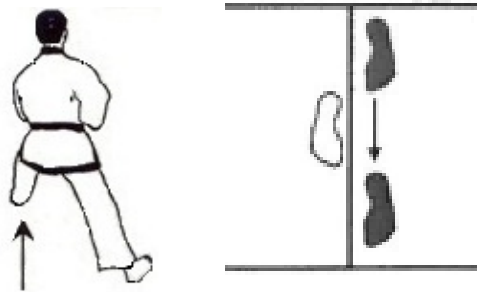
6. **Look left 90°** turn to the left 90° w/the left foot into a front stance while executing a left hand low block.



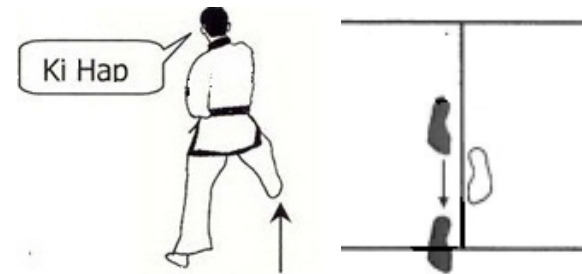
7. Step forward with the right foot into a front stance while executing a right hand center punch .



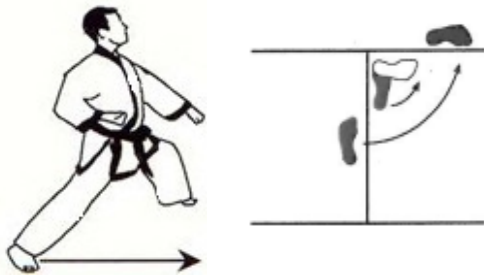
8. Step forward with the left foot into a front stance while executing a left hand center punch.



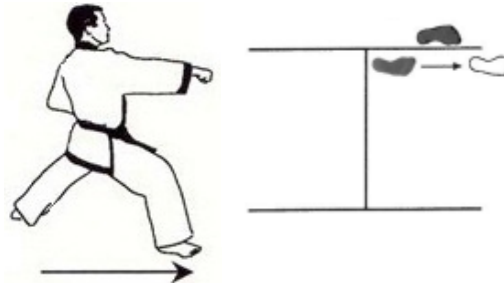
9. Step forward with the right foot into a front stance while executing a right hand center punch.  
**Ki hap.**



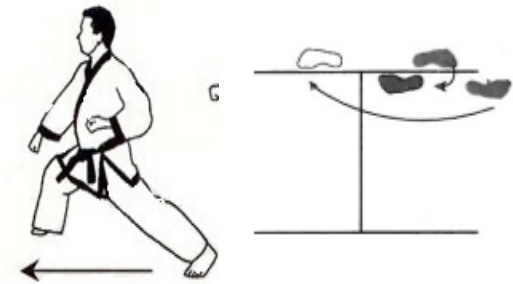
*Look right 90° – then left over the left shoulder*, while turning counterclockwise (to the left) 270° placing the left foot into a front stance while executing a left hand low block .



11. Step forward with the right foot into a front stance, while executing a right hand center punch.



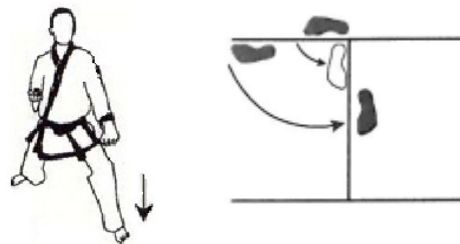
12. *Look over the right shoulder 180°* - turn 180° w/ the right foot to into a front stance while executing a right hand low block



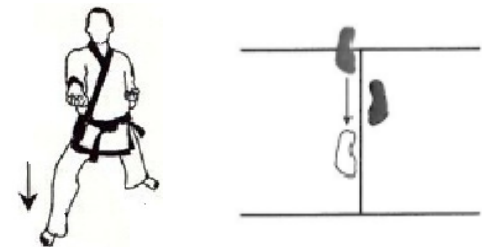
13. Step forward with the left foot into a front stance while executing a left hand center punch.



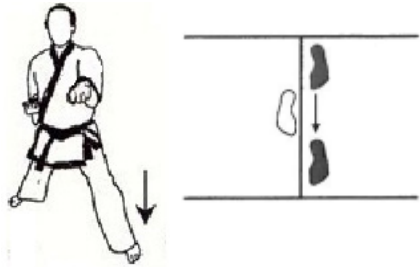
14. *Look left 90°* turn to the left 90° w/the left foot to into a front stance while executing a left hand low block .



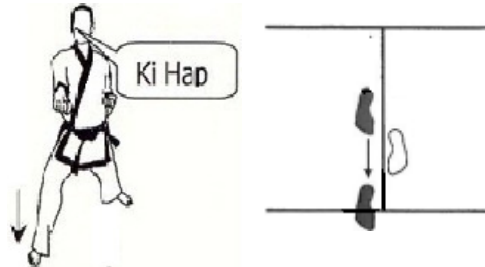
15. Step forward with the right foot into a front stance while executing a right hand center punch.



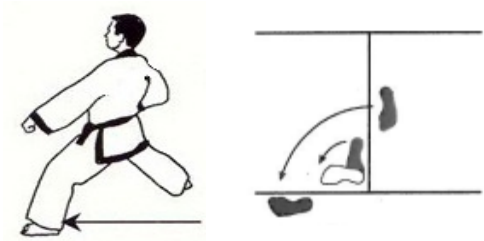
16. Step forward with the left foot into a front stance while executing a left hand center punch.



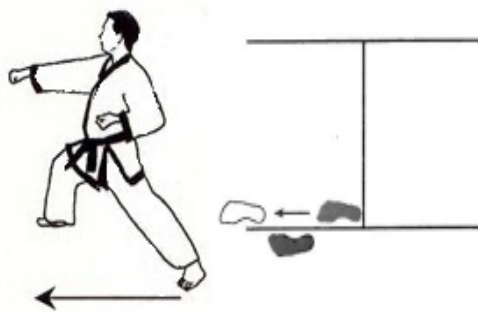
17. Step forward with the right foot into a front stance while executing a right hand center punch . **Ki hap**.



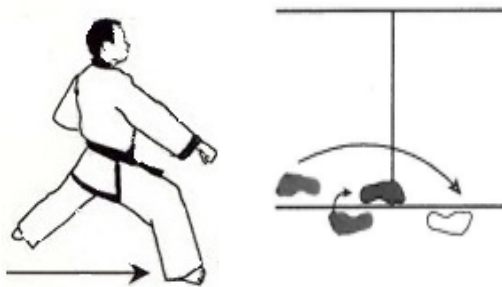
18. **Look right 90° – then left over the left shoulder**, while turning counterclockwise (to the left) 270° placing the left foot into a front stance while executing a left hand low block



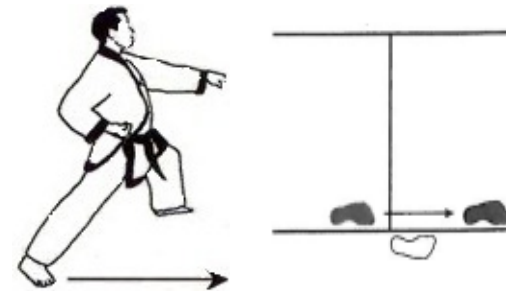
19. Step forward with the right foot into a front stance while executing a right hand center punch.



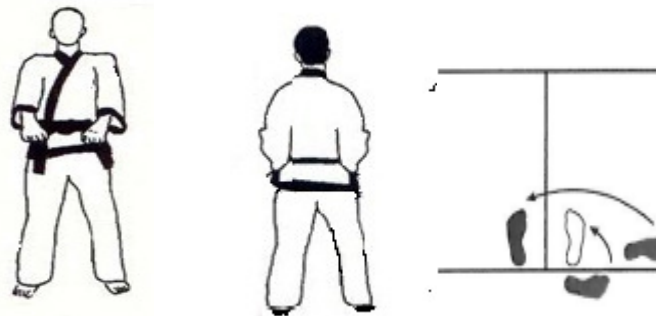
20. **Look the right shoulder 180°** - turn 180° to the right w/the right foot to into a front stance while executing a right hand low block.



21. Step forward with the left foot into a front stance while executing a left hand center punch .



22. Return to Choon Bee Jaseh upon command



Front View