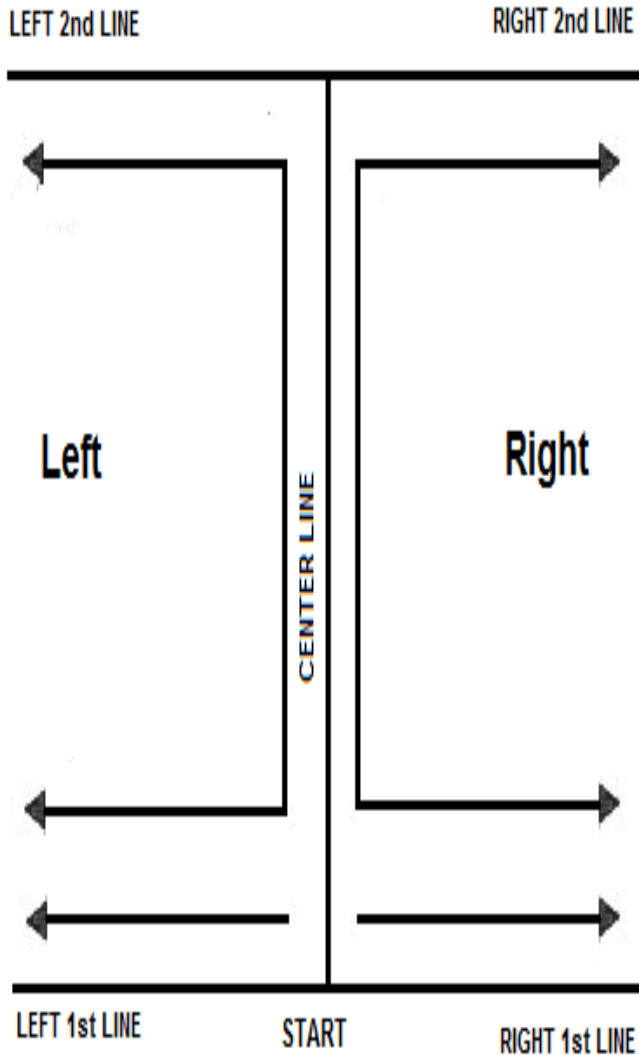
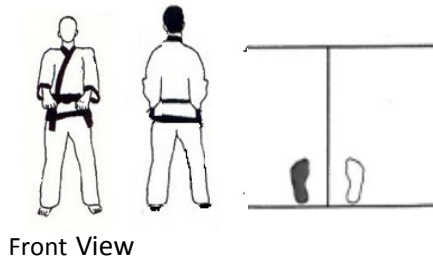


KEE CHO HYUNG SAM BU

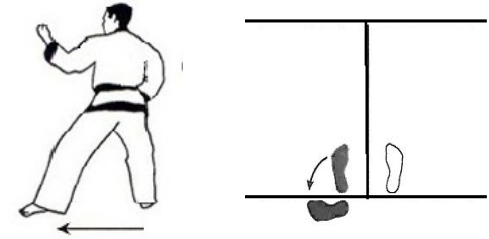
This is the Third form in the Tang Soo Do Moo Duk Kwan system. It follows the same pattern as the previous forms. This form emphasizes all of the basic stances, and concentrates on the transition between stances. This form was developed by Hwang Kee in 1947 in Seoul, Korea. It contains 22 techniques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



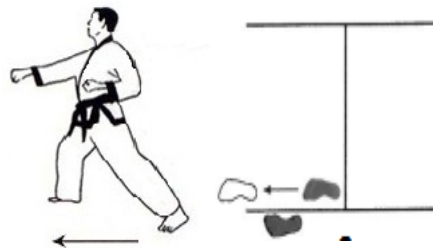
1. Choon Bee Jaseh



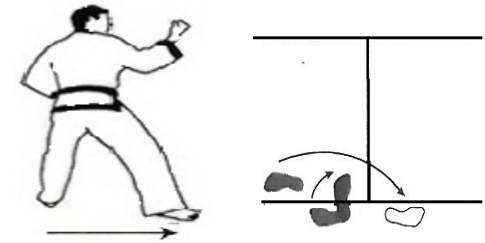
2. **Look left:** Step/turn left 90° with the left foot into a back stance while executing a left side body block



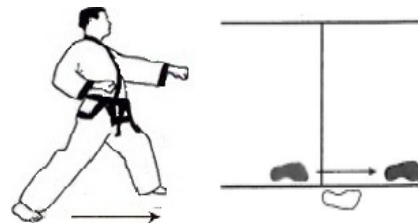
3. Step forward with the right foot into a front stance while executing a right hand center punch.



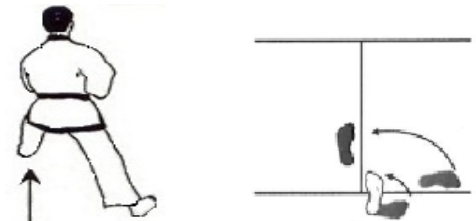
4. **Look over the right shoulder 180°** - turn 180° w/the right foot to into a back stance while executing a right side body block



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

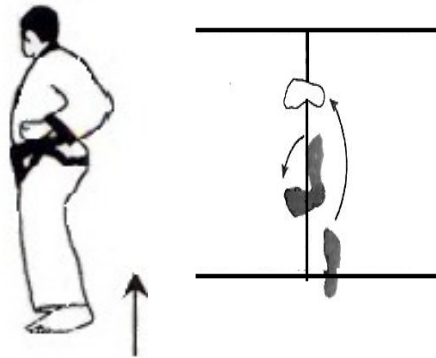


6. **Look left 90°** turn to the left 90° w/the left foot into a front stance while executing a left hand low block.

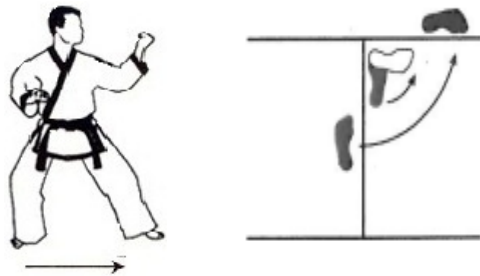


KEE CHO HYUNGS

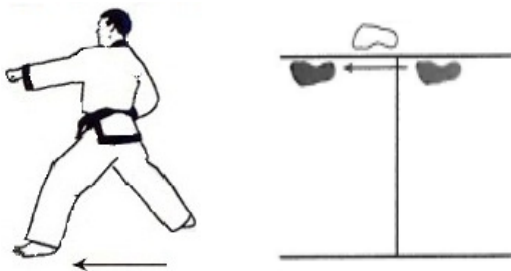
7. Step forward with the right foot into a horse stance while executing a right hand side punch .



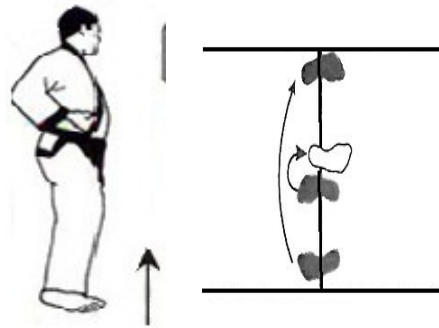
Look right 90° – then left over the left shoulder, while turning counterclockwise (to the left) 270° placing the left foot into a back stance while executing a left hand side block .



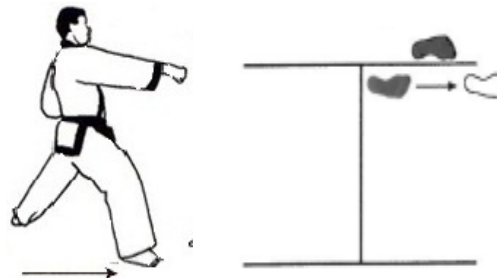
13. Step forward with the left foot into a front stance while executing a left hand high punch .



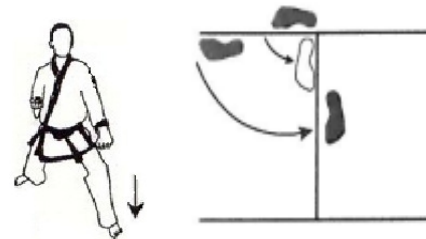
8. Step forward with the left foot into a horse stance while executing a left hand side punch.



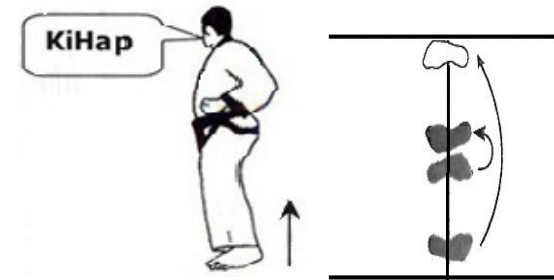
11. Step forward with the right foot into a front stance, while executing a right hand center punch.



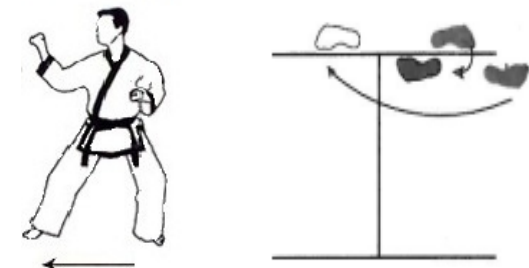
14. *Look left 90°* turn to the left 90° w/the left foot to into a front stance while executing a left hand low block .



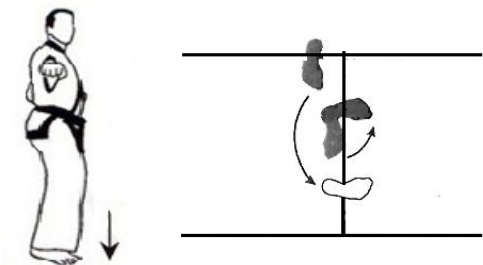
9. Step forward with the right foot into a horse stance while executing a right hand side punch. **Ki hap.**



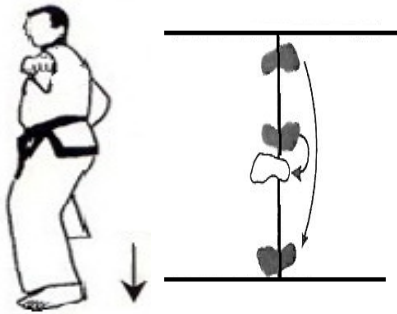
12. *Look over the right shoulder 180°* - turn 180° w/ the right foot to into a back stance while executing a right hand side block.



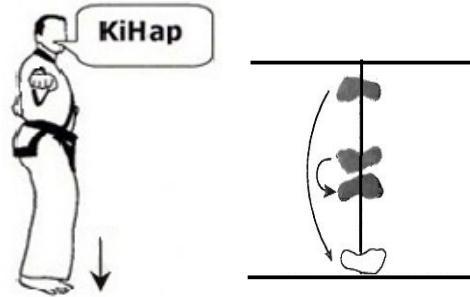
15. Step forward with the right foot into a front stance while executing a right hand



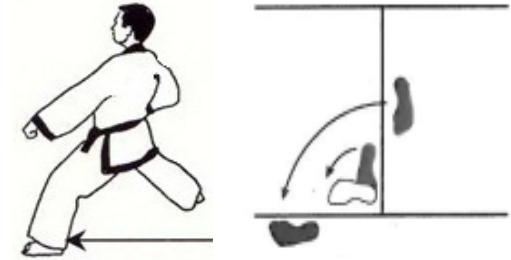
16. Step forward with the left foot into a front stance while executing a left hand side punch.



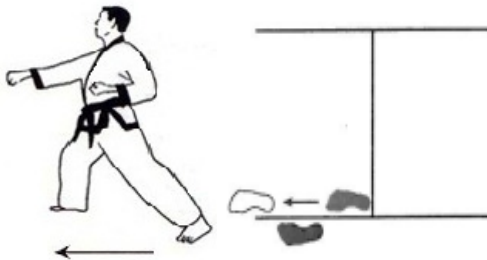
17. Step forward with the right foot into a front stance while executing a right hand side punch. **Ki hap.**



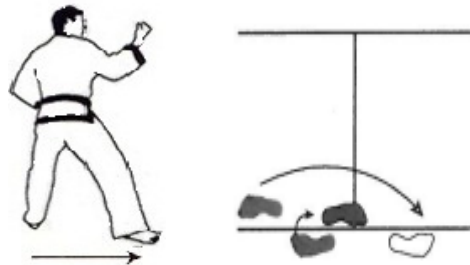
18. **Look right 90° – then left over the left shoulder,** while turning counterclockwise (to the left) 270° placing the left foot into a front stance while executing a left hand low block.



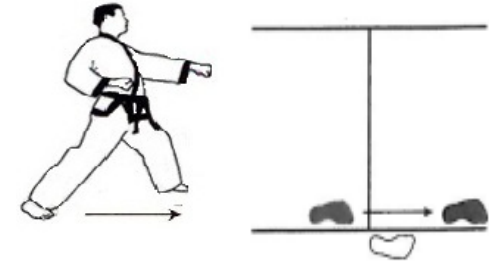
19. Step forward with the right foot into a front stance while executing a right hand center punch.



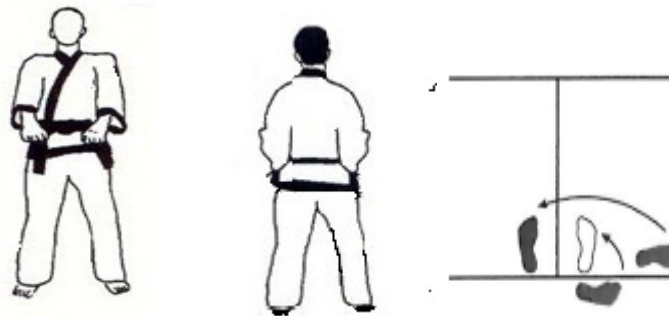
20. **Look the right shoulder 180°** - turn 180° to the right w/the right foot to into a front stance while executing a right hand side block.



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