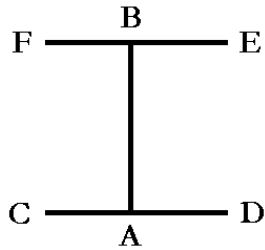


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Ready Stance: Standing at "A", Facing "B" in Ready position

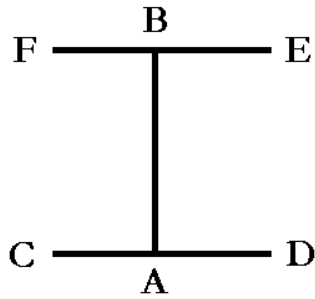
1. Turn 90 degrees left, move left foot into a left back stance and execute a left arm outside block, toward "C".
2. Step forward with right foot into a right front stance and execute a right hand middle punch toward "C".
3. Turn 180 degrees right, move right foot into a right back stance and execute a right arm outside block, toward "D".
4. Step forward with left foot into a left front stance and execute a left hand middle punch, toward "D".

5. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block, toward "B".
6. Step forward with right foot into a sideways horse stance (along the "AB" line) and execute a right hand middle punch, toward "B". (Look toward "B")
7. Step forward with left foot into a sideways horse stance (along the "AB" line) and execute a left hand middle punch, toward "B". (Look toward "B")
8. Step forward with right foot into a sideways horse stance (along the "AB" line) and execute a right hand middle punch, toward "B". (Look toward "B")

KI-YAP

9. Turn 270 degrees, move left foot into a left back stance and execute a left arm outside block, toward "E".
10. Step forward with right foot into a right front stance and execute a right hand middle punch toward "E".
11. Turn 180 degrees right, move right foot into a right back stance and execute a right arm outside block, toward "F".
12. Step forward with left foot into a left front stance and execute a left hand middle punch, toward "F".

Basic 3 / Kee Cho Hyun Sam Boo



13. Turn 90 degrees left, move left foot into a left front stance and execute a left arm low block, toward "A".
14. Step forward with right foot into a sideways horse stance (along the "BA" line) and execute a right hand middle punch, toward "A". (Look toward "B")
15. Step forward with left foot into a sideways horse stance (along the "BA" line) and execute a left hand middle punch, toward "A". (Look toward "B")
16. Step forward with right foot into a sideways horse stance (along the "BA" line) and execute a right hand middle punch, toward "A". (Look toward "B")

KI-YAP

17. Turn 270 degrees, move left foot into a left back stance and execute a left arm outside block, toward "C".
18. Step forward with right foot into a right front stance and execute a right hand middle punch toward "C".
19. Turn 180 degrees right, move right foot into a right back stance and execute a right arm outside block, toward "D".
20. Step forward with left foot into a left front stance and execute a left hand middle punch, toward "D".

Return to Ready Position – at "A" facing "B".