

Gi Cho Ee Bu

Ready position -

Turn left 90° - Middle Block left arm (back stance)
Step to Middle Punch right hand (front stance)

Turn right 180° - Middle Block right arm (back stance)
Step to Middle Punch left hand (front stance)

Turn left 90° - Low Block left arm (front stance)
Step to High Punch right hand (front stance)
Step to High Punch left hand (front stance)
Step to High Punch right hand (front stance) *KIUP*

Turn left 270° - Middle Block left arm (back stance)
Step to Middle Punch right hand (front stance)

Turn right 180° - Middle Block right arm (back stance)
Step to Middle Punch left hand (front stance)

Turn left 90° - Low Block left arm (front stance)
Step to High Punch right hand (front stance)
Step to High Punch left hand (front stance)
Step to High Punch right hand (front stance) *KIUP*

Turn left 270° - Middle Block left arm (back stance)
Step to Middle Punch right hand (front stance)

Turn right 180° - Middle Block right arm (back stance)
Step to Middle Punch left hand (front stance)