

Gi Cho II Bu

Ready position -

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

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

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

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

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

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

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

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