

## Ki Cho Hyung

The word Ki Cho Hyung means "Basic Pattern" in Korean. The pattern is in a capital letter " I " shape. There are 20 movements and the kihap points are at #8 and #20.

1. Turn left into a left front stance, left low block.
2. Step forward into a right front stance, right body punch.
3. Turn all the way behind you into a right front stance, right low block.
4. Step forward into a left front stance, left body punch.
5. Turn left into a left front stance, left low block.
6. Step forward into a right front stance, right body punch.
7. Step forward into a left front stance, left body punch.
8. Step forward into a right front stance, right body punch. **KIHAP.**
9. Three wall turn to the left into a left front stance, left low block.
10. Step forward into a right front stance, right body punch.
11. Turn all the way behind you into a right front stance, right low block.
12. Step forward into a left front stance, left body punch.
13. Turn left into a left front stance, left low block.
14. Step forward into a right front stance, right body punch
15. Step forward into a left front stance, left body punch.
16. Step forward into a right front stance, right body punch.
17. Three wall turn to the left into a left front stance, left low block.
18. Step forward into a front stance, right body punch.
19. Turn all the way behind you into a right front stance, right low block.
20. Step forward into a left front stance, left body punch. **KIHAP.**