

Basic Form 2 - Kicho EE Jang

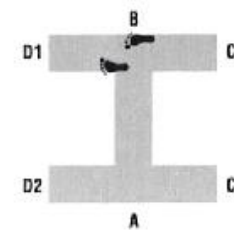
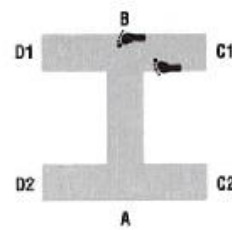
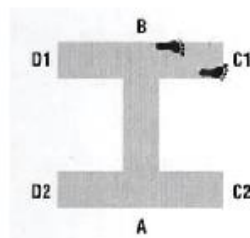
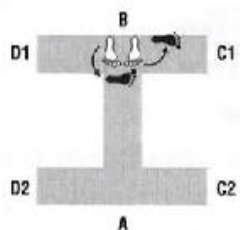


1. Starting in a ready stance (Joon-bi) on the center of the line (D1-C1 at point B), turn to the left (90° on C1) while sliding the left foot into a left front stance and executing an outside middle block with the left arm.

2. Step forward into a right front stance and execute a regular punch.

3. Moving the right foot, turn (180° to the right towards D1) into a right front stance. Execute an outside middle block with the right arm.

4. Step forward into a left front stance and execute a regular punch.



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5. Moving the left foot, turn to the left (90° toward A) while sliding the left foot into a left front stance and executing a low block with the left hand.



6. Move the right foot into a right front stance while executing a regular punch with the right hand.



7. Move the left foot into a left front stance while executing a regular punch with the left hand.



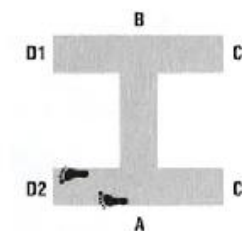
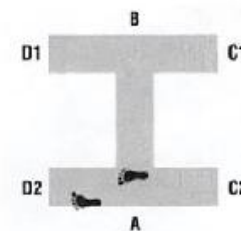
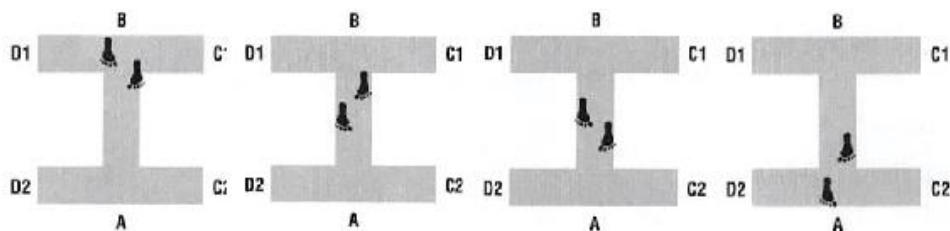
8. Move the right foot into a right front stance while executing a regular punch with the right hand. Kihap.



9. Pivoting on the ball of the right foot, turn to the left (270° on D2) while sliding the left into a left front stance and executing an outside middle block with the left hand.



10. Step forward into a right front stance and execute a regular punch with the right hand.



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11. Moving the right foot, turn to the right (turn 180° towards C2) into a right front stance. Execute an outside middle block with the right arm.



12. Step forward into a left front stance and execute a regular punch with the left fist.



13. Pivoting on the ball of the right foot, turn to the left (90° toward B) while moving into a left front stance and execute a low block with the left hand.



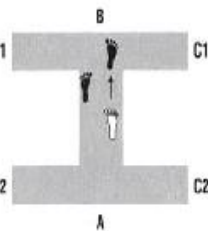
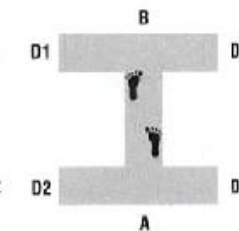
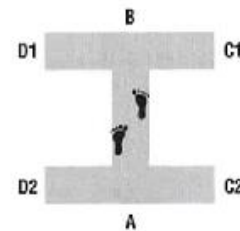
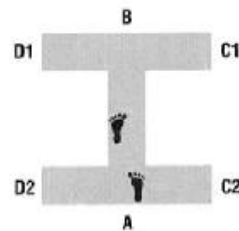
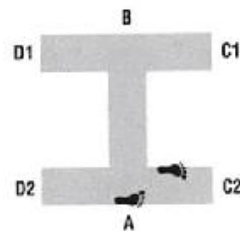
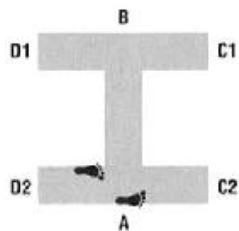
14. Move the right foot into a right front stance and execute a regular punch with the right hand.



15. Move the left foot into a left front stance and execute a regular punch with the left hand.



16. Move the right foot into a right front stance while executing a regular punch with the right hand. Kihap.



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17. Moving the left foot, turn to the left (270°) into a left front stance. Execute an outside middle block with the left hand.



18. Step forward into a right front stance and execute a regular punch with the right fist.



19. Moving the right foot, turn to the right (270°) into a right front stance. Execute an outside middle block with the right hand.



20. Step forward into a left front stance and execute a regular punch with the left fist.



Return to ready stance (Jhoon-bi)

