

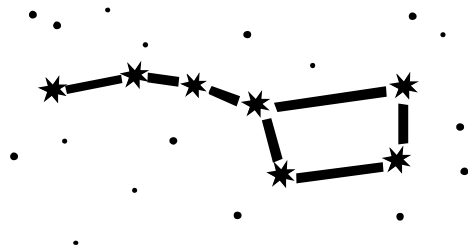
Chil Sung Hyung

Created by the Founder, Kwan Jang Nim Hwang Kee in 1952.

The forms literally mean “Seven Star” as in the Big Dipper which points to the North Star.

The North Star was used by travelers to help them navigate their way

like the Founder guides us in our training.



Chil Sung Ee Ryo Hyung

1. Step to the left, low block (left hand), reverse soo do chop (right hand).
2. Neck Grab, knee strike (right leg), drop right leg in the front, middle punch (right hand), reverse middle punch (left hand).
3. Turn to the right, low block (right hand), reverse soo do chop (left hand).
4. Neck grab, knee strike (left leg), drop left leg in the front, middle punch (left hand), reverse middle punch (right hand).
5. Step to the middle, middle twin fist block (left hand).
6. Step and side punch (right hand).
7. Step and side punch (left hand).
8. Step and side punch (right hand), Ki Hap (yell).
9. Turn backwards to the left, middle soo do block (left hand).
10. Step and middle punch (right hand).
11. Turn to the right, middle soo do block (right hand).
12. Step and middle punch (left hand).
13. Step to the middle, cross hands, energy press.
14. Right leg front kick, cross hands, energy press.
15. Left leg front kick, cross hands, energy press.
16. Prepare left hand on top, right leg front kick, left hand chop, drop forward middle punch (right hand), Ki Hap (yell).
17. Turn backwards to the left, low block in a back stance (left hand).
18. Step and high punch (right hand).
19. Turn to the right, low block in a back stance (right hand).
20. Step and high punch (left hand).