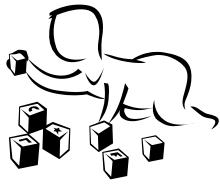


Geicho Hyung Il Bu



History :

Geicho Hyung , meaning basic form was created in 1947 by the founder Kwan Jang Nim Hwang Kee. The symbol for these forms is a toddler. They are the foundation for more advanced form to come for a practitioner. Each of the three Geicho Hyungs or forms have 22 moves, which include the choon bee in the beginning and end. All three forms share the same “ I ” formation.

1. Step with the left leg and choon bee
2. Step to the left with the left leg, left low block
3. Step forward with the right leg and right punch.
4. Step back with the rights leg, turn and low block with right hand.
5. Step forward with the left leg, and punch with the left hand.
6. Pick up your front leg and go down the middle, left leg in front and left hand low block.
7. Step forward with the right leg and middle punch with the right hand.
8. Step forward with the left leg and middle punch with the right hand.
9. Step forward with the right leg and middle punch with the right hand-kihap.
10. Turn the back leg(left) towards the back and left leg forward low block with the left hand.
11. Step forward with the right leg and right punch.
12. Step back with the rights leg, turn and low block with right hand.
13. Step forward with the left leg, and punch with the left hand.
14. Pick up your front leg and go down the middle, left leg in front and left hand low block.
15. Step forward with the right leg and middle punch with the right hand.
16. Step forward with the left leg and middle punch with the right hand.

17. Step forward with the right leg and middle punch with the right hand-kihap.
18. Turn the back leg(left) towards the back and left leg forward low block with the left hand.
19. Step forward with the right leg and right punch.
20. Step back with the rights leg, turn and low block with right hand.
21. Step forward with the left leg, and punch with the left hand.
22. Step back the left leg and choon bee