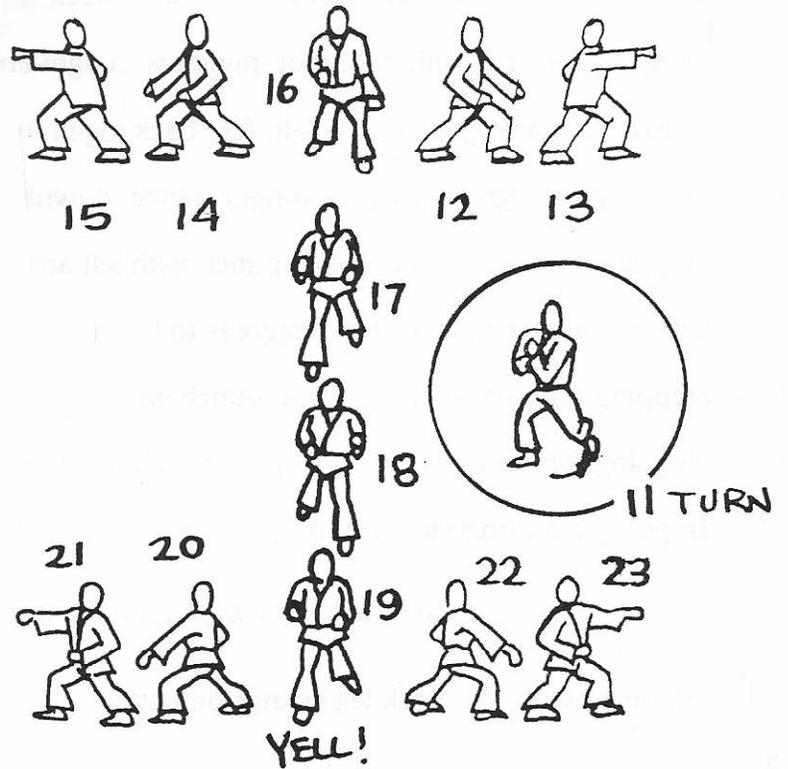
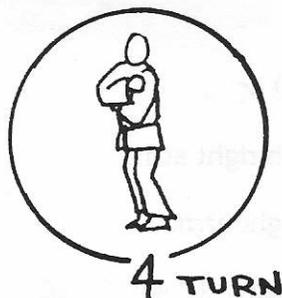
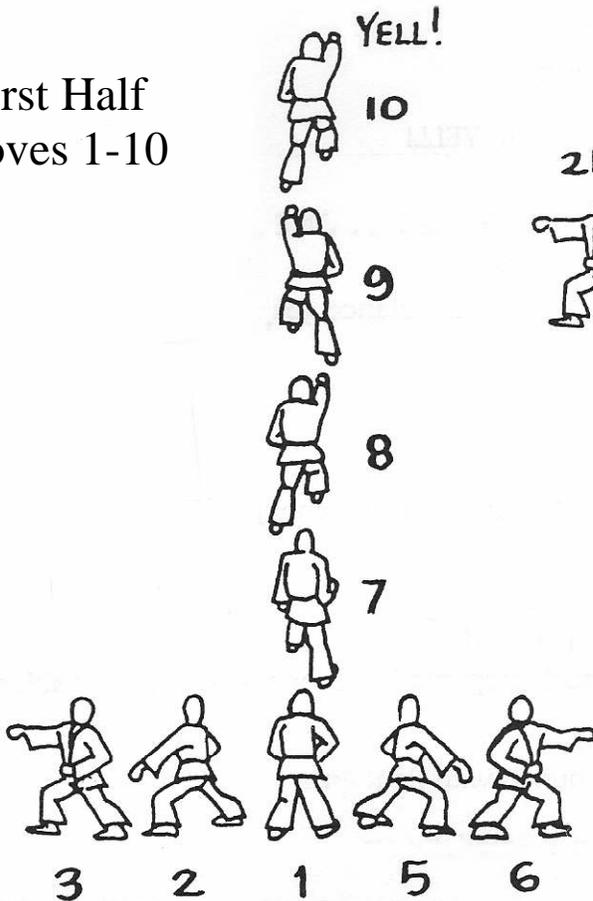


# Kee Cho One (beginning form #1)

The movement pattern "Kee Cho One" is very important to the training of the beginning student. The form must be learned so well that it can be done instinctively (without thinking). Each technique must be executed properly with increased speed and power. KEE CHO ONE will help you learn to think before making a move. It will give you an understanding of your stances, turning, eye control, breath control, focus, distancing, and centering of gravity. After learning the pattern, you will find that additional forms are very easy to learn.

"Kee Cho One" is the first form for all beginners. It is done in an "H" pattern. The first half is identical (*mirror image*) to the second.

First Half  
Moves 1-10



Second Half  
Moves 11-23

**Power Martial Arts**



# “Kee Cho One”

Sequence of moves 1 - 23

- 1 -- “Jun Bi” (attention stance)
- 2 -- Stepping out left into chongul stance, downblock with left arm.
- 3 -- Stepping forward with right foot, punch with right arm.
- 4 -- TURN; right arm goes above left, feet back together, turn right.
- 5 -- Stepping out right into right chongul stance, downblock with right arm.
- 6 -- Stepping forward with left foot, punch with left arm.
- 7 -- Left arm above right, turn 90-degrees to left into left chongul stance, downblock left arm.
- 8 -- Stepping forward with right foot, punch with right arm.
- 9 -- Stepping forward with left foot, punch with left arm.
- 10 -- Stepping forward with right foot, punch with right arm, YELL!

YOU'RE HALFWAY THROUGH THE KEE CHO ONE...

- 11 -- Left arm over right, back leg swings behind into left chongul stance going to right (270-degrees)...
- 12 -- Downblock with left arm.
- 13 -- Stepping forward with right foot, punch with right arm.
- 14 -- Right arm over left, bring feet together, turn and step out into right chongul stance, downblock with right arm.
- 15 -- Step out with left foot into left chongul stance, punch with left arm.
- 16 -- Left arm over right, turn 90-degrees (heading back), step into left chongul stance, downblock with left arm.
- 17 -- Step forward right leg into right chongul stance, punch with right arm.
- 18 -- Step forward left leg into left chongul stance, punch with left arm.
- 19 -- Stepping forward with right leg into right chongul stance, punch with right arm, YELL! THEN: Left arm over right, turn (Like move No. 11) ...
- 20 -- Turn and step into left chongul stance, downblock with left arm.
- 21 -- Step forward right leg into right chongul stance, punch with right arm.
- 22 -- Right arm over left (Like move No. 16), downblock with right arm.
- 23 -- Stepping forward with left leg into left chongul stance, punch with left. FREEZE AND HOLD THIS POSITION UNTIL THE INSTRUCTOR CALLS YOU BACK TO ATTENTION.