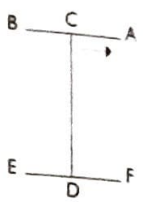
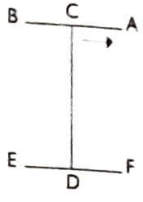
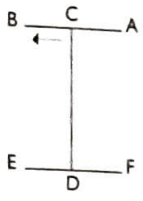
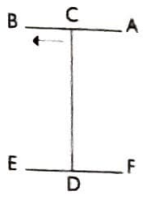
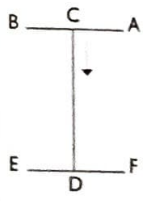
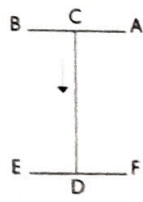
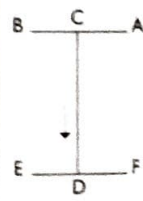
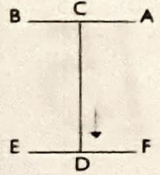
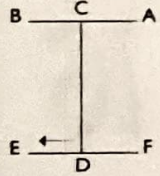
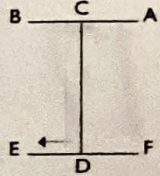
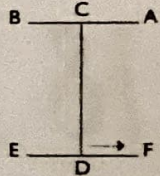
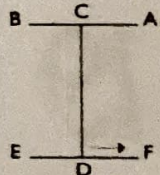
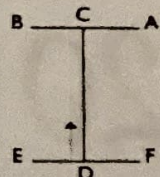
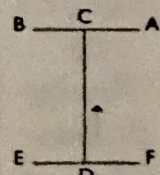

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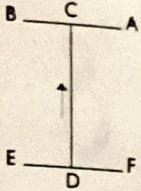
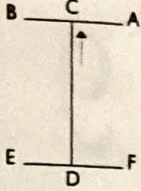
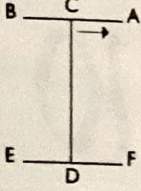
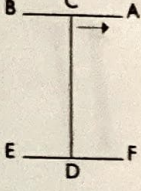
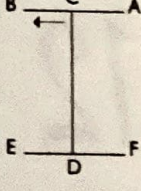
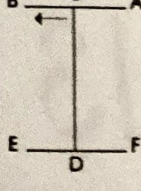
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Number	Description	Illustration	Diagram
1	FROM READY STANCE (<i>jhoon-bi</i>) Turn body to left, moving left foot toward "A" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left down block (<i>ha-dan mak-ki</i>).		
2	Slide your right foot past your left toward "A" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right middle punch (<i>choon-dan chi-ki</i>).		
3	Pivoting on your left foot, turn body to right, moving right foot toward "B" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right down block (<i>ha-dan mak-ki</i>).		
4	Slide your right foot past your left toward "B" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left middle punch (<i>choon-dan chi-ki</i>).		
5	Pivoting on your right foot, turn body to left, moving left foot toward "D" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left down block (<i>ha-dan mak-ki</i>).		
6	Slide your right foot past your left toward "D" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right middle punch (<i>choon-dan chi-ki</i>).		
7	Slide your left foot past your right toward "D" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left middle punch (<i>choon-dan chi-ki</i>).		

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Number	Description	Illustration	Diagram
8	Slide your right foot past your left toward "D" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right middle punch (<i>choon-dan chi-ki</i>). Yell (<i>kiap</i>) with the punch.		
9	Pivoting on your right foot, turn body to left, moving left foot toward "E" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left down block (<i>ha-dan mak-kj</i>).		
10	Slide your right foot past your left toward "E" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right middle punch (<i>choon-dan chi-ki</i>).		
11	Pivoting on your left foot, turn body to right, moving right foot toward "F" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right down block (<i>ha-dan mak-kj</i>).		
12	Slide your left foot past your right toward "F" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left middle punch (<i>choon-dan chi-ki</i>).		
13	Pivoting on your right foot, turn body to left, moving left foot toward "C" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left down block (<i>ha-dan mak-kj</i>).		
14	Slide your right foot past your left toward "C" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right middle punch (<i>choon-dan chi-ki</i>).		

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Number	Description	Illustration	Diagram
15	Slide your left foot past your right toward "C" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left middle punch (<i>choon-dan chi-ki</i>).		
16	Slide your right foot past your left toward "C" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right middle punch (<i>choon-dan chi-ki</i>). Yell (<i>kiap</i>) with the punch.		
17	Pivoting on your right foot, turn body to left, moving left foot toward "A" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left down block (<i>ha-dan mak-ki</i>).		
18	Slide your right foot past your left toward "A" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right middle punch (<i>choon-dan chi-ki</i>).		
19	Pivoting on your left foot, turn body to right, moving right foot toward "B" forming a right front stance (<i>choon-gul sug-hi</i>) while executing a right down block (<i>ha-dan mak-ki</i>).		
20	Slide your left foot past your right toward "B" forming a left front stance (<i>choon-gul sug-hi</i>) while executing a left middle punch (<i>choon-dan chi-ki</i>).		
Return to Ready Stance (<i>Ba-ro</i>)	Pivoting on the ball of the right foot, turn the body to the left to face the direction of "D".		