

Form # 1. Kicho II Bu

"H"

Feature: first form

1. Turn left 90 degrees low block
2. Step forward, middle punch
3. Turn right 180 degrees, low block
4. Step forward, middle punch
5. Turn left 90 degrees, low block
6. Step forward, middle punch
7. Step forward, middle punch
8. Step forward, middle punch, yell (kihap)
9. Turn left 270 degrees, left low block
10. Step forward, middle punch
11. Turn 180 degrees, low block
12. Step forward, middle punch
13. Turn left 90 degrees, low block
14. Step forward, middle punch
15. Step forward, middle punch
16. Step forward, middle punch, yell (kihap)
17. Turn left 270 degrees, low block
18. Step forward, middle punch
19. Turn right 180 degrees, low block
20. Step forward, middle punch