

Ki Cho Jang Gum

Scabbard should be removed before starting the hyung.

Start with sword in the right hand, feet together, blade vertical cutting edge to the rear. Bow keeping sword in that position.

Raise the sword in front and to the centre, sword pointing down, grasp the sword with the left hand and move the sword to the left side, whilst placing the right hand on the handle, holding the sword in the left hand.

Choon Be

Move the right foot forward into a high front stance, at the same time move the sword into an "on guard" position, right hand at the top and left hand at the bottom of the handle.

1. Slide the right leg forward into front stance, whilst bringing the sword back over the head and perform a vertical cut to the centre line.
2. Step left leg forward into a front stance, execute a horizontal cut to the abdomen from right to left.
3. Step right leg forward into a front stance, execute a horizontal cut to the abdomen from left to right.
4. Step left leg forward, bringing both feet together, and execute a high block with the sword over the right arm, blade held diagonally. Then immediately step right leg forward and execute a left to right diagonal cut, from shoulder to hip, the blade ending on the right side of the body.
5. Pull the sword back so that it is parallel with the ground, with the blade horizontal and pointing forward. Step left leg forward into front stance, keeping the sword in the same position, and at the last moment thrust the sword forward stabbing the opponent, whilst twisting the blade vertical and slightly upwards.
6. Step up with the right leg while bringing the sword over your head, turn and step the left leg back whilst executing a downward vertical cut. This should be executed quickly.
7. Stab horizontally forward whilst bringing the left leg into the back of the right knee in a one leg stance, immediately raise the sword over the head at the same time jumping back onto the left leg with the right leg raised in front, one leg stance. Execute a downward vertical cut whilst transferring back into the one leg stance on the right leg. Then jump back into one leg stance on the left leg bringing the sword over the head and then move back on to the right leg in a one leg stance executing a downward vertical cut. Finally move the left leg back into an elongated back stance whilst executing a high block with the blade over the right arm. (All these moves are executed in quick succession.)

8. Slide the right leg forward into front stance whilst executing a left to right diagonal cut from shoulder to hip, the blade ending on the right side of the body.
9. Step left leg forward into a front stance, execute a horizontal cut to the abdomen from right to left.
10. Step right leg forward into a front stance, execute a horizontal cut to the abdomen from left to right.
11. Step left leg forward, both feet together, and execute a high block with the sword over the right arm, blade held diagonally. Then immediately step right leg forward and execute a left to right diagonal cut, from shoulder to hip, the blade ending on the right side of the body.
12. Pull the sword back so that it is parallel with the ground, with the blade horizontal and pointing forward. Step left leg forward into front stance, keeping the sword in the same position, and at the last moment thrust the sword forward stabbing the opponent, whilst twisting the blade vertical and slightly upwards.
13. Step up with the right leg while bringing the sword over your head, turn and step the left leg back whilst executing a downward vertical cut. This should be executed quickly.
14. Bring the right leg back to the left, two feet together, whilst bringing the sword over the head, turn 90 degrees to the left, step right leg forward executing a downward vertical cut.
15. Step left leg forward whilst executing a one handed left to right diagonal cut from shoulder to hip, the blade ending up on the right side, left hand placed on the left hip. Make sure the sword goes behind the head before executing the diagonal cut.
16. Step right leg back to the left whilst turning 180 degrees, bringing the sword behind the head and then step forward with the right leg executing a downward vertical cut (two hands on sword).
17. Step left leg forward whilst executing a one handed left to right diagonal cut from shoulder to hip, the blade ending up on the right side, left hand placed on the left hip. Make sure the sword goes behind the head before executing the diagonal cut.
18. Bring the right leg to beside the left whilst parrying the sword one handed around the head, then step left leg back into front stance whilst executing head height horizontal cut from right to left. When the blade reaches the left side reverse the blade whilst stopping the circular motion with the left hand and execute a diagonal cut from hip to shoulder, stopping so that the sword is pointing forwards.
19. Step the left leg up to the right whilst moving the sword to a parallel position, supported by the left hand, just above eye height. Then return the sword to the left side as per the beginning. Bring the right hand to centre of chest and bow.