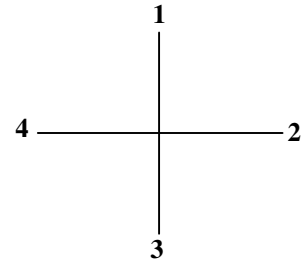


Shee Hyung Bo - "First Bo Form"



Chunbi facing 1.

2. Step toward 4 into a left front stance and execute left horizontal strike **LOUD YELL!** Right horizontal strike down block.
3. Step forward into a right front stance and execute a 45-degree strike.
4. Step in further with front foot and execute a sliding jab, then adjust back foot into a back stance and execute a hook.
5. Turn with back foot toward 2 into a left front stance and execute left horizontal strike, right horizontal strike down block.
6. Step forward into a right front stance and execute a 45-degree strike.
7. Step in further with front foot and execute a sliding jab, then adjust back foot into a back stance and execute a hook.
8. Step with right foot to left foot facing 1 and execute a 45-degree strike **LOUD YELL!**
9. Step backward with left foot into a back stance and execute a hook.
10. Step with left to right foot into half Charyo position.
11. Step forward with right foot into a front stance and execute a 45-degree strike **LOUD YELL!**
12. Step backward with right foot behind left foot into a cross stance and execute a hook.
13. Front kick with right leg and land in a front stance followed by: Thrust strike **LOUD YELL!** Vertical up, vertical down, right horizontal, left horizontal, and thrust strike. **LOUD YELL!**

14. Step with left foot toward 4 into a back stance and execute right horizontal strike.
15. Turn toward 2 into a right front stance and execute a helicopter strike.
16. Turn toward 4 into a left front stance and execute a down block.
17. Step toward 1 into a right front stance and execute a 45-degree strike. **LOUD YELL!**
18. Step left foot in front of right into a cross stance and execute a sliding jab, then step with right foot into a front stance and execute a thrust strike. **LOUD YELL!**
19. Raise left knee, look toward 3 and execute a down strike set down into a front stance and execute a down block.
20. Step forward with right foot into a front stance and execute a helicopter strike.
21. Step forward with left foot into a front stance and execute a 45-degree strike.
22. Back leg front kick land in a front stance followed by: Thrust strike **LOUD YELL!**, vertical up, vertical down, right horizontal, left horizontal, and thrust strike. **LOUD YELL!** Then hook.
23. Look, then turn toward 1 dropping to your right knee and execute a 45-degree strike. **LOUD YELL!**
24. Step backward with left foot into Goman.

12 Bo Strikes

1. **45-Degree Strike:** Fold your right hand at right shoulder then strike down so left hand is on your belt and your right elbow is locked out with your wrist rolled over so your thumb is facing the ground. (Make sure the tip of your Bo is shoulder height & you are striking the Collar Bone)
2. **Slide Jab:** Right hand does not move, your Bo slides through it. (Throat)
3. **Thrust Jab:** Left arm is straight behind you level with your chin before the strike, then thrust forward. (Throat)
4. **Hook:** Circle Bo around clockwise and hook in curling your right wrist.
5. **Vertical up Strike:** Bo goes straight up and touches your left shoulder. (Under the Chin)
6. **Vertical down Strike:** Bo comes down into your left armpit. (Top of the head)
7. **Right Horizontal Strike:** Bo goes across to your right bicep. (Temple)
8. **Left Horizontal Strike:** Bo comes across to your left armpit. (Temple)
9. **Helicopter Strike:** Raise the Bo above your head and horizontally strike across bringing your left hand into your right armpit. (Temple)
10. **Vertical Up:** Bo goes straight up and touches your right shoulder. (Under the Chin)
11. **Vertical Down:** Bo comes down into your right armpit. (Top of the head)
12. **Down Block:** Left hand goes to your forehead like a high block and your right elbow locks out.