

## Chil Sung O Ro

- Side stance, arms open like Chil Sung Il Ro.
- Switch to front stance, fingertips touch, making "O."
- Raise hands above head, like a ballerina.
- Drop hands by shoulders.
- Cross (right hand inside), breathe, sink.
- Shift stance hands come apart, then push to front stance, pulling left hand back.
- Left hand low block & high block in side stance.
- Step double punch.
- Repeat on right side, low block & high block in side stance.
- Step double punch.
- Step back left leg in horse stance, right hand low block, high block.
- Turn, lifting right leg; left low block, high block, right high block.
- Bring right hand up in Sun Muk Dun position, in back stance, reverse punch.
- Bring left hand up on other side, reverse high punch, straight middle punch.
- Turn to right, high block in side stance, retreat reverse high block in back stance, horse stance side punch.
- Step back left, and repeat on other side.
- Bring left foot to right foot, knees bent, hands drop and rise up, fists on hips.
- Drop to right knee, low cross block, the rise up, double low clear in front stance.  
(KEOP)
- Breathe in, cross (left hand on inside), breathe out, knife hand position.
- Rock back on left leg, hands sink, warm kidneys, push (like Chil Sung Il Ro).
- Shift back stance, double knife hand block, kick into hands, reverse punch, hammer fist/punch in side stance.
- Spin, repeat on other side.
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- Spin, bring right foot up into horse stance, hands cross (R. H low, L. H. high), then hands separate, like heaven and earth.
- Step left, hands prepare from hip, high knife clear and reverse push, breathe.
- Step up, Sun Muk Dun with right, then horse stance reinforced elbow (KEOP), retreat back stance high block, reverse high block, horse stance side punch (KEOP).
- Turn, middle knife hand block.
- Lift front foot, bring hands back, step down hammer strike one and two.
- Bring hands to hip, side kick, hammer strike one and two.
- Facing corner, double knife hand (or choke), inside knee kick, check, then step over 180 degrees and throw.
- Repeat ever thing from the "Turn, middle knife hand block." On the other side.
- Facing center, left foot steps towards right, right hand inside, standing straight up.
- Twist towards right, prepare, long fists, rake the shin, high block and upper cut.
- Repeat other side.
- Drop hands by side, side stance, push out to front stance.
- Inverse side kick, reverse palm strike.
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- Land in horse stance, upper cut.
- Hop into cross legged stance, backfist, spin out knife hand, continue to a front stance Jip Kae San ("mouth of the tiger") (KEOP).
- Turn middle knife hand block, hop middle knife hand block.
- Shoot to front stance double punch (like Basai), knife hand and knee kick meet, horse stance punch.
- Shift to back stance, turn, hands eye-level, push breathe.
- Turn, push and breathe.
- Step back side stance, hands clear over, push and breathe.
- Repeat everything from "Turn middle knife hand block, hop middle knife hand block."
- Step back into cross legged stance, "look for the rain."
- Turn, bring right knee up and break with right hand while left hand goes up (KEOP).
- Settle down into horse stance, hands floating as you sink down.