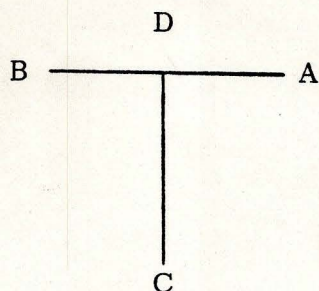


CHU CHI TUL

45 movements

Ready stance:

Parallel stance toward D
with fists to belt, on hips.



Self Supporting: You as a
human being, are the master
of all things.

45 movements represent freedom
of Korea given by Japanese in 1945.

1. Move left foot to B forming a sitting stance while executing a high double side block with the inner forearms.
2. Execute a right hooking block while standing up.
3. Execute a middle punch with the left fist while forming a sitting stance.
4. Move the right foot to form a left one leg stance, at the same time executing a checking block with a twin straight forearm.
5. Execute a middle side piercing kick toward A keeping the hands as they were in no. 4. Then perform a high reverse hooking kick to B turning clockwise. (Perform kicks in slow motion except fast hook.)
6. Jump to B forming a right X stance performing a middle downward strike with the right backfist.
7. Perform a left middle front hooking kick toward C. Then perform a high side piercing kick toward C with the left leg. (Slow motion.)
8. Lower the left leg to C in a stamping motion to form a sitting stance, at the same time executing a high cross cut with the left flat fingertip.
9. Perform a high strike with the right elbow toward BC while forming a walking stance. (Pressing right side fist with left palm.)
10. Move the left foot over right to form a right X stance, performing a low front block with the left reverse knifehand. At the same time bring the right fingerbelly to the wrist.
11. Pivot on the left foot clockwise to form an L-stance toward A while executing a middle guarding block with the knifehand.
12. Jump and spin anticlockwise and strike to A with the left knifehand, then land in a right L-stance with hands still in position.
13. Move right foot to A forming a sitting stance facing D while performing a high double side block with the inner forearms.
14. Execute a left hooking block while standing up.
15. Execute a middle punch with the right fist while forming a sitting stance.
16. Move the left foot to form a right one leg stance, at the same time executing a checking block with the twin straight forearm.

17. Execute a middle side piercing kick to B keeping the hands as they were in no. 16. Then perform a reverse hooking kick to A turning anticlockwise, then jump to A forming a left X stance, performing a middle downward strike with the right backfist. (Perform kicks in slow motion except the hook.)
18. Lower left foot to A in a jumping motion to form a left X stance while executing a downward strike with left backfist.
19. Perform a middle right front hooking kick toward C. Then perform a high side piercing kick toward C with the right leg. (Perform in slow motion.)
20. Lower the right leg to C in a stamping motion to form a sitting stance, at the same time executing a high cross cut with the right flat fingertip.
21. Perform a high strike toward AC with the left elbow, forming a right walking stance.
22. Move the right foot over left to form a left X stance performing a low inward block with the left reverse knifehand. At the same time bring the left fingerbelly to the wrist.
23. Pivot on the right foot clockwise to form an L-stance toward B while performing a middle guarding block with the knifehand.
24. Jump and spin clockwise and strike to B with the right knifehand, then land in a left L-stance with hands still in the strike position.
25. Perform a left pick-shape kick toward B then lower the foot forming a right rearfoot stance, at the same time executing a middle guarding block with the forearm.
26. Bring the right foot to the left forming a close heaven stance. (Slow motion.)
27. Slide the left foot to C forming a left rearfoot stance while executing a downward thrust with the right straight elbow.
28. Slip the right foot to form a right walking stance, executing a high inward strike with the left archand.
29. Slide the right foot to C forming a right rearfoot stance while executing a downward thrust with the left straight elbow.
30. Slip the left foot forming a left walking stance, executing a high inward strike with the right archand.
31. Move the left foot to C forming a right walking stance while executing a high inward strike with the twin knifehand.
32. Move the right foot to C forming a left walking stance while executing a downward punch with the right fist.
33. Move the left then right foot to C forming a right L-stance while executing a downward block with the left outer forearm.
34. Jump toward C while performing a flying reverse turning kick toward D with the right leg. Lower the leg to D forming a left L-stance executing a middle guarding block with the forearm.

35. Move the right then left foot to C forming a left L-stance while executing a downward block with the right forearm.
36. Jump toward C while performing a flying reverse turning kick to D with the left leg. Lower the leg to D forming a right L-stance while executing a middle guarding block with the forearm.
37. Move the right foot on line C then jump with the left foot executing a two-direction kick. (Left twisting kick, right side kick.)
38. Land to form a left diagonal stance toward D performing an upward pressing block with the twin palm.
39. Slide the right foot to D forming a right rearfoot stance, executing a side thrust with the right elbow.
40. Turn anticlockwise looking toward D, forming a right bending stance B. Execute a middle back piercing kick toward D with the left foot. (Slow motion kick.)
41. Lower the left foot to D in a stamping motion to form a right L-stance, performing a middle side strike with the left straight backfist.
42. Bring the right foot forward to form a parallel stance while executing a high inward strike with the reverse knifehand.
43. Jump forward to D performing a high punch then a middle upset punch, then land in a close stance with hands in the upset punch position.
44. Move the right foot to D forming a right walking stance, executing a downward strike with the left knifehand.
45. Move the left foot to D forming a left walking stance, while executing a middle reverse punch.

Yell CHU CHI.

Move the right foot forward to ready stance.