

Updated 10/08	<div>(F/L) Front (F) (F/R)</div> <div>(L) Left Right (R)</div> <div>(B/L) Back (B) (B/R)</div>
Cho-San (Green Belt)	<p>Use flowing movement with small steps. Often performed to the music of <i>God Bless America</i>.</p> <p>Start in <i>yunbi stance</i>, <i>chayuit</i>, <i>kiyunyuit</i>, return to <i>yunbi stance</i></p> <p>(0° clockwise to F)</p> <p>1) Slide <u>left</u> foot to <u>right</u> foot and swing arms from sides to above head, cup <u>right</u> fist with <u>left</u> hand and bring elbows together, move arms down to a position in front of body, bow</p> <p>(90° counterclockwise to L)</p> <p>2) Look (L), slide <u>left</u> foot forward to execute a <u>left cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard) <p>(180° clockwise to R)</p> <p>3) Look (R), slide <u>left</u> foot to <u>right</u> foot, slide <u>right</u> foot forward to execute a <u>right cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Left reverse punch</u> (bring <u>right</u> ridgehand back to guard) <p>(90° counterclockwise to F)</p> <p>4) Look (F), slide <u>right</u> foot to <u>left</u> foot, slide <u>left</u> foot forward to execute a <u>left cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard) <p>(180° clockwise to B)</p> <p>5) Look (B), slide <u>left</u> foot to <u>right</u> foot, slide <u>right</u> foot forward to execute a <u>right cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Left reverse punch</u> (bring <u>right</u> ridgehand back to guard) <p>(180° counterclockwise to F)</p> <p>6) Look (F), slide <u>left</u> foot to a <u>right forward stance</u> facing (R) and execute a <u>left downward deflecting block</u></p> <ul style="list-style-type: none"> • Continue motion and shift to a <u>left forward stance</u> facing (F) with <u>left</u> cover above head and a <u>right inside chop strike</u> • <u>Right rear leg front thrust kick</u>, set down in a <u>right side stance</u> and slide <u>left</u> foot behind <u>right</u> foot, simultaneously execute a <u>right outward block</u> <p>7) Step <u>left</u> foot to a <u>left forward stance</u> facing (L) and execute a <u>right downward deflecting block</u></p> <ul style="list-style-type: none"> • Continue motion and shift to a <u>right forward stance</u> facing (F) with <u>right</u> cover above head and a <u>left inside chop strike</u> • <u>Left rear leg front thrust kick</u>, set down in a <u>left side stance</u> and slide <u>right</u> foot behind <u>left</u> foot, simultaneously execute a <u>left outward block</u>

Updated 10/08	(F/L) Front (F) (F/R) (L) Left Right (R) (B/L) Back (B) (B/R)
	<p>(180° clockwise to B)</p> <p>8) Look (B), slide <u>right</u> foot forward to execute a <u>right cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Left reverse punch</u> (bring <u>right</u> ridgehand back to guard) <p>9) Slide <u>left</u> foot forward to execute a <u>left cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard) <p>10) Slide <u>right</u> foot forward to execute a <u>right cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Left reverse punch</u> (bring <u>right</u> ridgehand back to guard) <p>11) <u>Left front thrust kick</u>, set down with feet together</p> <p>12) Slide <u>right</u> foot to a deep <u>right forward stance</u> angled to (F/R), simultaneously execute a <u>right ridgehand block</u> and a <u>left downward deflecting block</u> (salute)</p> <ul style="list-style-type: none"> • Slide <u>right</u> foot back to <u>left</u> foot with wrists crossed and palms vertical <p>13) Slide <u>left</u> foot to a deep <u>left forward stance</u> angled to (F/L), simultaneously execute a <u>left ridgehand block</u> and a <u>right downward deflecting block</u> (salute)</p> <ul style="list-style-type: none"> • Slide <u>left</u> foot back to <u>right</u> foot with wrists crossed and palms vertical <p>14) Extend arms out horizontally at sides of body for <i>double outside chop strikes</i>, bring hands back with wrists crossed and palms vertical</p> <ul style="list-style-type: none"> • Extend arms up at a 45° angle at sides of body for <i>double ridgehand strikes</i> to the temple (double salutes) <p>15) Step <u>left</u> foot forward and bend down on <u>right</u> knee, simultaneously extend hands in a press with thumbs and index fingers touching (making a triangular opening)</p> <ul style="list-style-type: none"> • Extend arms out horizontally at sides of body for <i>double outside chop strikes</i> <p>16) Slide <u>left</u> foot back to <u>right</u> foot, slide <u>left</u> foot forward to execute a <u>left cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard) <p>17) Slide <u>right</u> foot to <u>left</u> foot with simultaneous high X-block, swing arms from sides to above head, cup <u>right</u> fist with <u>left</u> hand (no bow)</p> <p>(180° counterclockwise to F)</p> <p>18) Look (F), slide <u>left</u> foot back and rotate counterclockwise and bend down on <u>right</u> knee, simultaneously extend hands in a press with thumbs and index fingers touching (making a triangular opening)</p> <ul style="list-style-type: none"> • Extend arms out horizontally at sides of body for <i>double outside chop strikes</i> <p>19) Slide <u>left</u> foot back to <u>right</u> foot, slide <u>left</u> foot forward to execute a <u>left cho-tos block</u></p> <ul style="list-style-type: none"> • <u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard) <p>20) Slide <u>right</u> foot to <u>left</u> foot with simultaneous high X-block, swing arms from sides to above head, cup <u>right</u> fist with <u>left</u> hand, bow</p> <p><i>Yunbi stance, chayuit, kiyunyuit, and yunbi stance.</i></p>