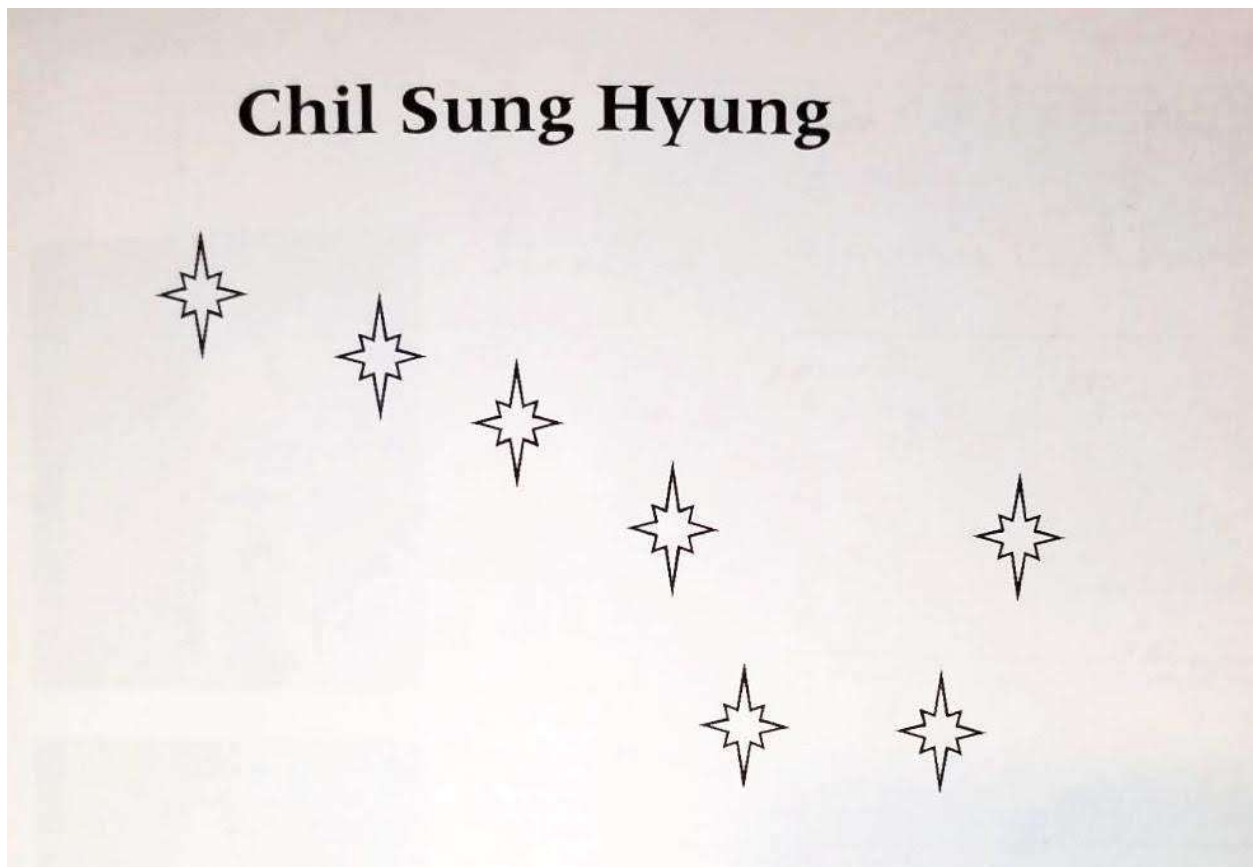


CHIL SUNG IL RO HYUNG

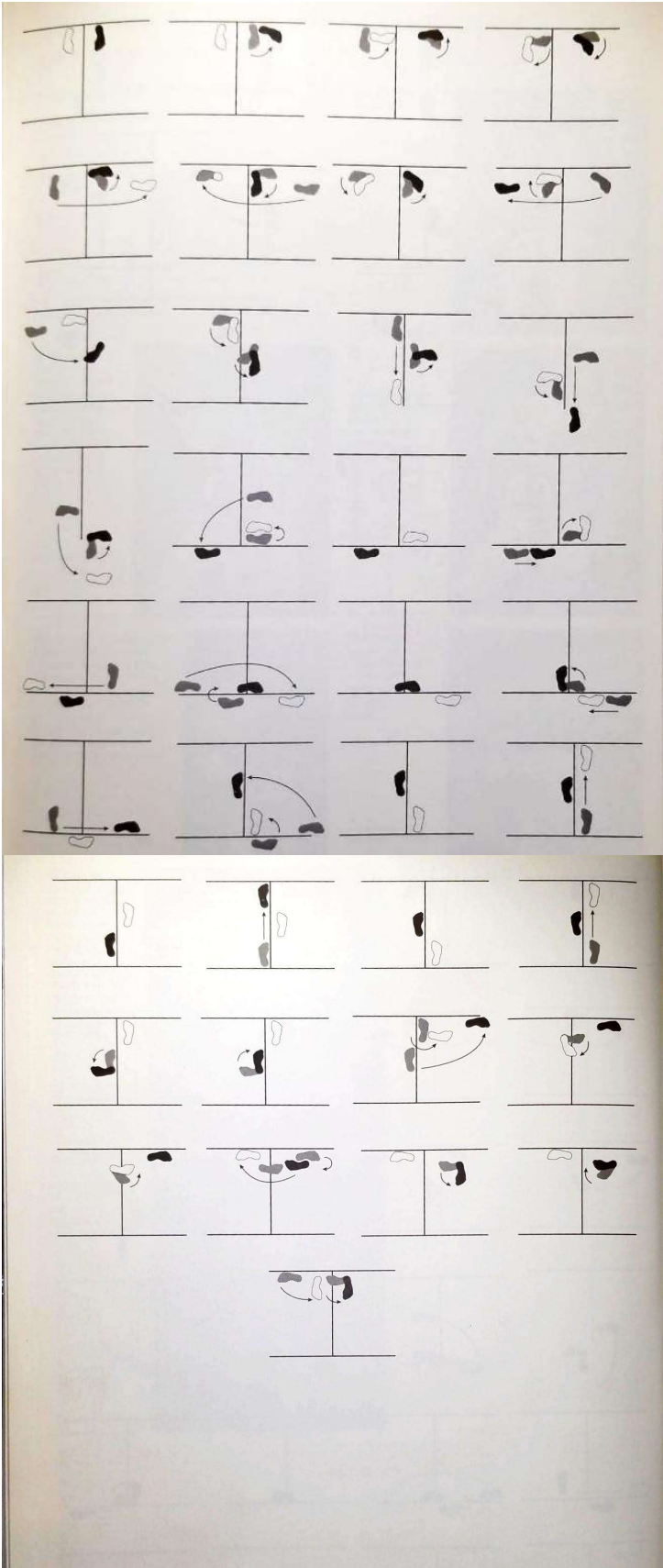
The Chil Sung (seven stars of the Plough) Hyung was devised by Grand Master Hwang Kee in the latter half of the 1980's. It is so-called because Grand Master Hwang Kee's mother was said to have dreamt about the seven stars of the Plough prior to conceiving Hwang Kee. It contains a large number of moves, many of which are found only within this Hyung. Chil Sung Hyung symbolizes the Stars.



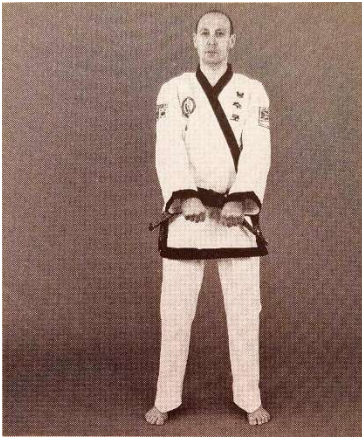
- A note from Master Matt

The pictures and descriptions to follow are taken from Grand Master Kang Uk Lee's book, TANG SOO DO: The Ultimate Guide to the Korean Martial Art. Sensei James and I both agree that Grand Master Lee's book is an invaluable resource for preserving the integrity of the forms we practice and the history of Tang Soo Do. This book has been out of print for quite some time and is becoming much more difficult to find for a reasonable price. With that in mind I've taken to transcribing some of the more exotic and exciting forms as a reference for our black belt students so that they may continue their study of Tang Soo Do. For the most part I have made no major changes to the text as presented below. I have combined counts where necessary to preserve the flow of the form in how it was taught to us and I have flipped the pictures to make following along a more simple task. The pictures are presented as a mirror image to copy so that you can more easily follow along with this document.

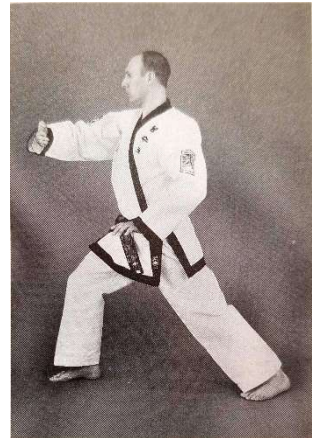
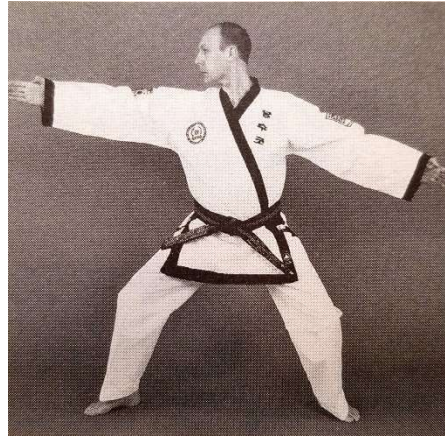
CHIL SUNG IL RO HYUNG



CHIL SUNG IL RO HYUNG



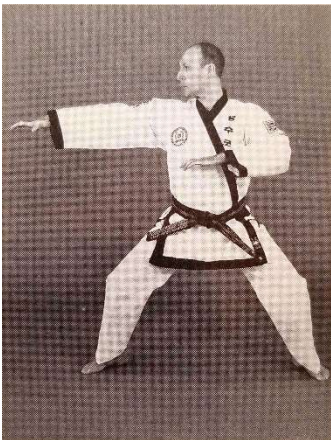
① *Joon Bee Jaseh*
Ready Stance.



Preparation movement. Look 90° to the left to face West, left foot moves forward, in side stance. The left hand should be opened and stretched to the front over the left thigh, with the right hand opened and stretched to the side. Slowly Inhale.

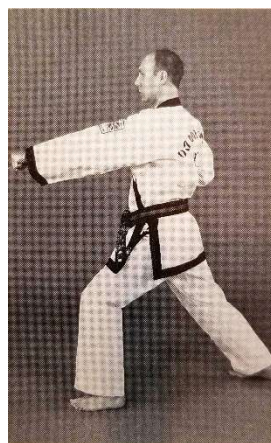
Han Pal Ahn Euro Ahn Ko, Han Pal Son Bah Dak Euro Noo Roo Kee

Slowly Exhale and at the same time move the left hand to the front of the body and move the right hand to the right hip, while slowly changing into Front Stance.



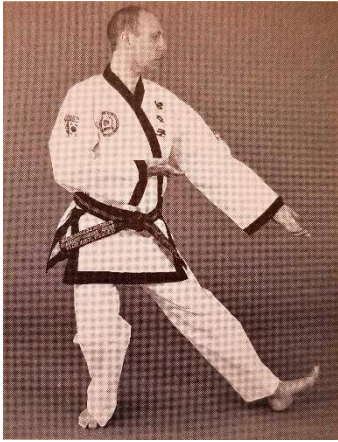
② *Soo Do Kong Kyuk*
Slowly Inhale and at the same time cross both arms in front of the body (left arm over the right arm), (Master Matt's Note: This transitional movement is not pictured here or in the original text.)

and slowly Exhale while moving the left knife hand sideways and the right forearm in front of the solar plexus, turning into Horse Stance.



③ *Joong Dan Kong Kyuk*
Step forwards with the right foot and execute a middle punch with the right hand in front stance.

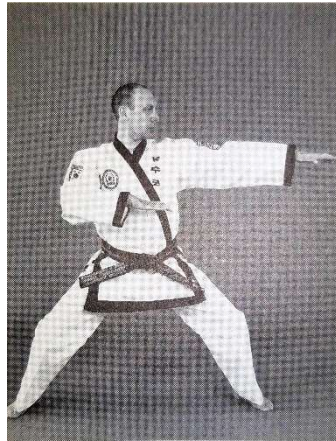
CHIL SUNG IL RO HYUNG



4

Ha Dan Yuk Soo Do Mahk Kee

Look to the right and turn 180° to the east, right foot forwards, in back stance but with the heel on the ground, the right knee locked and the toes pointing upwards. Execute a low ridge hand block with the right hand with the left forearm protecting the solar plexus.



5

Soo Do Kong Kyuk

Slowly inhale and at the same time cross both arms in front of the body (right arm over the left), (Master Matt's Note: This transitional movement is not pictured here or in the original text.)

then slowly exhale while moving the right knife hand sideways and the left open hand in front of the solar plexus, and turning into side stance.



6

Joong Dan Kong Kyuk

Step forwards with the left foot and execute a middle punch with the left fist in front stance.

CHIL SUNG IL RO HYUNG

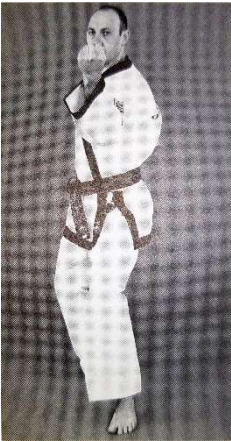


7 Preparation Movement

Look to the left and turn 90° to face the north, left foot forwards in side stance. The left hand should be opened and stretched to the front over the left thigh, with the right hand opened and stretched to the side. Inhale.

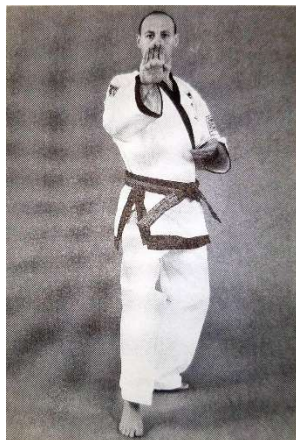
Han Pal Ahn Euro Ahn Ko, Han Pal Son Bah Dak Euro Noo Roo Kee

Slowly exhale and at the same time move the left hand to the front of the body and move the right hand to the right hip, slowly changing into front stance.



8 *Joong Dan Yuk Mahk Kee*

Step forwards with the right foot and execute an inside to outside middle block with the right forearm in back stance.



9 *Sang Soo Joong Dan Soo Do Mahk Kee*

Step forwards with the left foot and execute a double knife hand middle block in back stance.



10 *Hoeng Jin Kong Kyuk [Ki-ahp]*

Step forwards with the right foot into side stance, side punch with the right fist and **shout**.

CHIL SUNG IL RO HYUNG



1

Ho Hoop Dong Jak

Look to the left and turn 270° from the left to face the east, left foot forwards and both hands in front with the right hand holding the left, in front stance. Scoop inwards with both hands, inhale, lock the left knee and bend the right knee. Exhale, pushing clenched hand forwards, and slowly change into front stance.



2

Yang Pal Kyo Cha Soo Do Mahk Kee

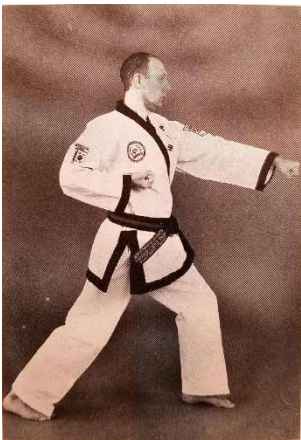
Maintaining the same stance, cross both arms with elbows nearly touching at chest height, and slowly bring both hands around so that the open palms face towards you.



3

Sang Dan/Ha Dan Mahk Kee

Drop the right and down and the left hand to the right shoulder. Quickly execute a 90° knife hand block to the rear of the head with the right hand, and a left arm low knife hand block to the front, moving into back stance.



4

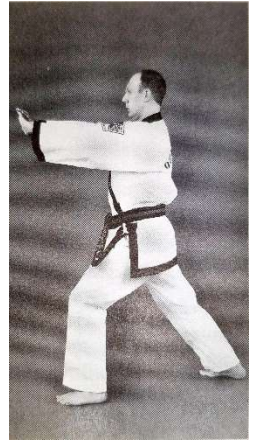
Joong Dan Kong Kyuk

Step forwards with the right foot and execute a middle punch with the right fist in front stance.

CHIL SUNG IL RO HYUNG

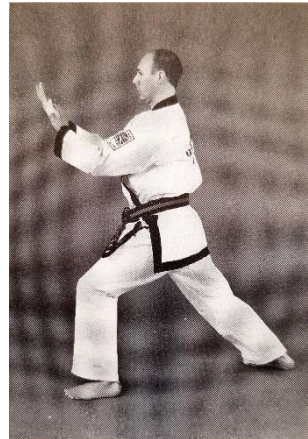
5 *Ho Hoop Dong Jak*

Look to the right and turn 180° to face the west, right foot forwards, both hands in front with the left hand holding the right, in front stance. Scoop inwards with both hands, inhale, lock the right knee and bend the left knee. Exhale, pushing clenched hands forwards, and changing into front stance.



6 *Yang Pal Kyo Cha Soo Do Mahk Kee*

Maintaining the same stance, cross both arms with elbows nearly touching in front of the body, then slowly bring both hands around so that the open palms face towards you.



7 *Sang Dan/Ha Dan Mahk Kee*

Drop the left hand and the right hand to the left shoulder, then quickly execute a 90° knife hand block to the rear of the head with the left hand, and a right arm low knife hand block to the front, moving into a back stance.



8 *Joong Dan Kong Kyuk*

Step forwards with the left foot and execute a middle punch with the left fist in front stance.

CHIL SUNG IL RO HYUNG



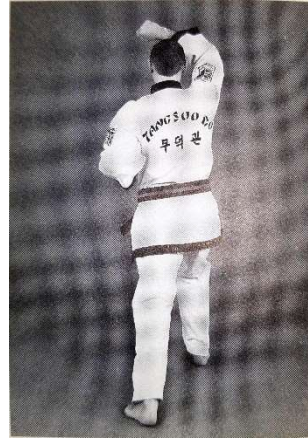
1

Ha Dan Mahk Kee

Look to the left and turn 90° to face the south, left foot forwards. Execute a low block with the left arm in front stance.

Han Son Joong Dan Soo Do Mahk Kee

Maintaining the same stance, immediately execute a knife hand middle block with the left hand in front stance (movements 21 and 22 are to be executed in quick succession).



2

Joong Dan Kong Kyuk

Step forwards with the right foot and execute a middle punch with the right fist in front stance.

Sang Dan Mahk Kee

Immediately execute a high block with the right arm while remaining in front stance.



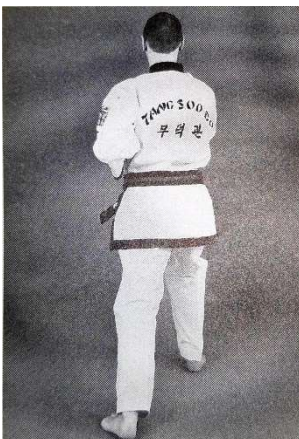
3

Joong Dan Kong Kyuk

Step forwards with the left foot and execute a middle punch with the left fist in front stance.

Sang Dan Mahk Kee

Immediately execute a high block with the left arm in front stance.



4

Joong Dan Kong Kyuk [Ki-ahp]

Step forwards with the right foot and execute a middle punch with the right fist in front stance and **shout**.

CHIL SUNG IL RO HYUNG



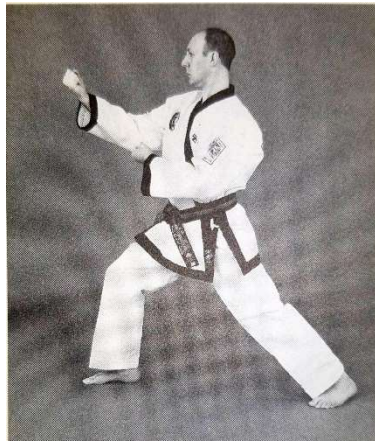
①

Sang Soo Ha Dan Noo Roo Kee

Push both hands downwards (palms facing down), straighten the right knee and bend the left knee.

Pushing Movement

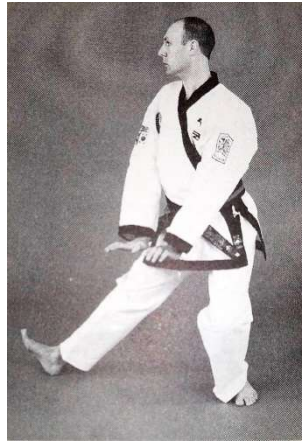
Shift into side stance and slowly while pulling both open palms up to chest height. Slowly exhale and push both hands forwards, changing into front stance.



②

Sang Soo Joong Dan Mahk Kee

Look to the left and turn 270° to face west, left foot forwards. Execute a double forearm block in front stance.



③

Sang Soo Ha Dan Noo Roo Kee

Push both hands downwards (palms facing down), straighten the left knee and bend the right knee.

Pushing Movement

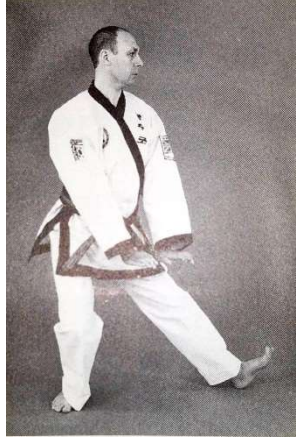
Shift into side stance and inhale slowly while pulling both open palms up to chest height. Slowly exhale and push both hands forwards, changing into front stance.



CHIL SUNG IL RO HYUNG

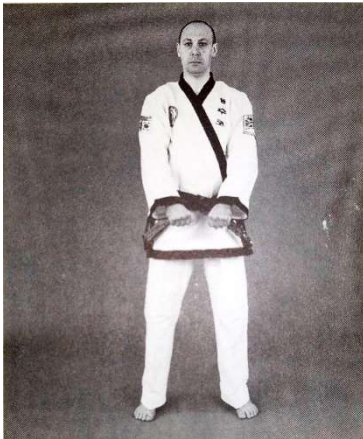


- 4 *Sang Soo Joong Dan Mahk Kee*
Look to the right and turn 180° to face the east, right foot forwards. Execute a double arm middle block in front stance.



- 5 *Sang Soo Ha Dan Noo Roo Kee*
Push both hands downwards (palms facing down), straighten the right knee and bend the left knee.

Pushing Movement
Shift into side stance and inhale slowly while pulling both open palms up to chest height. Slowly exhale and push both hands forwards, changing into front stance.



- 6 *Ba-ro Jase*
Look to the left and turn 90° to face the north, pulling the right leg back into ready stance.