



## CAMO BELT FORM SHEET

**Rules to Know:** Step always goes in front of you, Reverse goes behind you and halfway around, Spin goes behind you and ALL the way around.

### Camo Techniques

#### Stances

Sparring Stance, Front Stance, Middle Stance

#### Blocks

Twin Inner Forearm Block, Double Outer Forearm Block, Low Block, Single Outer Forearm Block

#### Strikes

Knife Hand Strike, Back Fist Strike

#### Kicks

Reverse Side Kick, Step Reverse Side Kick, Spin Side Kick, Step Spin Side Kick

### Camo Belt Form

#### SEGMENT ONE

**Left foot steps out, to ready position guard the belt**

1. Step with Left Foot into Middle Stance. Left Twin Inner Forearm Block to front.
2. No step right arm goes out Left Middle Punch. And...
3. In a continuous motion, Right Middle Punch.

#### SEGMENT TWO

4. Shift feet into Sparring Stance. Left Double Outer Forearm Block.
5. #2 Right Round Kick.
6. Place Right Foot down Left Reverse Side Kick.
7. Land in Middle Stance, High Left Backfist strike. **KIHAP.**

#### SEGMENT THREE

8. Step with Right Foot (turning 90 degrees clockwise) into Front Stance. Right Low Block.
9. No step. Right Inner Forearm Block.
10. No step. High Left Reverse Punch.
11. Right Foot steps in line #2 Left Side Kick
12. Land in Middle Stance, Left Middle Section Knife hand Strike to side.

#### SEGMENT FOUR

13. Double step with the Left Foot (turning 90 degrees counterclockwise) into Right Back Stance Twin Inner Forearm Block.
14. #3 Left Jump Front Kick (advancing 1 Front Stance length forward). And...
15. In a continuous motion, #2 Right Front Kick. And...
16. In a continuous motion, land in Sparring Stance with Right Foot forward Double Outer Forearm Block.

## Half Form Stop Here For Advanced Tigers

### SEGMENT FIVE

17. #2 Left Round Kick.
18. Place Left Foot down, Right Reverse Side Kick.
19. Land in Middle Stance. High Right Backfist Strike

### SEGMENT SIX

20. Step with Left Foot into Front Stance; Left Low Block.
21. No step. Left Inner Forearm Block.
22. No step. High Right Reverse Punch.
23. Left Foot steps in line, #2 Right Side Kick
24. Land in Middle Stance, Right Middle Knife hand Strike. **KIHAP.**

### SEGMENT SEVEN

25. Double step left to right, right steps out into Left Back Stance, Twin Inner Forearm Block.
26. #3 Right Jump Front Kick (advancing 1 Front Stance length forward). And...
27. In a continuous motion, #2 Left Front Kick. And...
28. In a continuous motion, land in Sparring Stance with Left Foot forward, Double Outer Forearm Block.

### SEGMENT EIGHT

29. Shift Left Foot to Middle Stance, Left Twin Inner Forearm Block to front.
  30. No step. Left hand goes out, Right Middle Punch. And...
  31. In a continuous motion, Left Middle Punch.
- Bahroh - Left Foot steps