

# Basic Form Sheet

## Stances

Middle Stance, Front Stance, Back Stance

## Blocks

Knife hand Low Block, Knife hand High Block, Double Knife hand Block

## Strikes

Front Punch, Reverse Punch, Knife hand Strike, Back fist Strike,

Vertical Spear hand Strike

## Kicks

Front Kicks #1 - #4, Round Kicks #1 - #4, Jump Front Kicks #1 - #4

## Rules

*Front punch is front leg front arm, Reverse punch is back leg back arm*

*#1 Front leg kicks, #2 Back leg kicks, #3 Back leg moves front leg kicks,*

*#4 Front leg moves back leg kicks*

*More than 3 Steps Run*

*Always turn over right shoulder*

## READY POSITION:

1. Left Foot, steps to Right Back Stance Left Knife Hand Strike
  2. No step Double Knife Hand Block
  3. Left Foot pulls back to Right Foot Right Front Kick land in Right Front Stance with hands in Guard Position
  4. #2 Left Round Kick
  5. Land in Left Front Stance Left Knife Hand Low Block
  6. No step Left Knife hand High Block
  7. Right Footsteps to Middle Stance Right Punch **KIHAP** And...
  8. In a continuous motion Left Punch **KIHAP**
  9. Left Footsteps counterclockwise 180 degrees to Middle Stance Right Vertical Spear Hand Strike And...
  10. In a continuous motion Left Vertical Spear Hand Strike
  11. Right Footsteps to Right Front Stance Right Low Block
  12. No step Left Reverse Punch
  13. #3 Right Jump Front Kick (advancing 1 Front Stance length)
  14. Land in Right Front Stance Left Reverse Punch
  15. Left foot, steps forward into Left Front Stance Left Low Block
  16. No step Right Reverse Punch
  17. #3 Left Jump Front Kick (advancing 1 Front Stance length) **KIHAP**
  18. Land in Left Front Stance Right Reverse Punch
  19. Right Foot, steps to Middle Stance Right Knife Hand Strike
  20. No Step Left Backfist Strike
  21. Left Foot, steps counterclockwise 180 degrees to Middle Stance Left Knife Hand Strike
  22. No Step Right Backfist Strike
  23. Right Foot, steps to Left Back Stance Right Knife Hand Strike
  24. No step Double Knife Hand Block
  25. Right Foot pulls back to Left Foot Left Front Kick land in Left Front Stance with hands in Guard Position
  26. #2 Right Round Kick
  27. Land in Right Front Stance, Right Knife hand Low Block
  28. No step Right Knife hand High Block
- Step Forward with Left foot to Natural Ready Position