

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