		Number W/In			Foot to Bring Back to	Poom/Dan Initially Required
Form Name	Style	Style	Choonbee	Kiehap	Choonbee	For
Taegeuk II Jang	WTF	1	Normal	last step	Left	1st
Taegeuk Yi Jang	WTF	2	Normal	last step	Left	1st
Taegeuk Sam Jang	WTF		Normal	last step	Left	1st
Taegeuk Sa Jang	WTF		Normal	last step	Left	1st
Taegeuk Oh Jang	WTF	5	Normal	last step	Left	1st
Taegeuk Yuk Jang	WTF		Normal	2nd high round house in middle	Left	1st
Taegeuk Chil Jang	WTF	7	Normal	last step	Left	1st
				2nd kick on the double front kick at top and		
Taegeuk Pal Jang	WTF	8	Normal	bottom of the form	Left	1st
Koryo	WTF		Open hands infront of face	Last tiger mouth at top & last step of form	Left	2nd
NOI yo	1			Mountain block when you first turn to each side		
Keumgang	WTF	10	Normal	(2 kie haps total)	Left	3rd
Redifiguris	1	10	Normal	Last reverse punch at top & last punch at	Leit	314
Taebek	WTF	11	Normal	bottom	Left	3rd
Tuebek			Feet together, Left hand over right,		Leit	314
			both open fingers pointed to floor,	1st of the double back fist to the front. This		
Pyong Won	WTF	12	belt high	happens two times in the form.	 Left	4th
Pyong Won	VVII	12	Delt High	Punch towards end before last 2 steps going	Leit	401
Chonji	ITF	_	Normal	backwards	Left	1st
	IIIF	1	Normal	High punch at the top & last high block at the	Leit	150
Danaun			Normal	bottom	1 - 64	1.04
Dangun	ITF		Normal	Backfist at the top & last high block at the	Left	1st
T			Name		Di-l-t	34
Tosan	ITF	3	Normal	bottom	Right	2nd
Man Va	l _{ITE}		Feet together, left hand over right fist,	Consequence of the same Quaida high at the heathern	Di-ht	24
Won Yo	ITF	4	infront of face	Speer hand at the top & side kick at the bottom	Right	2nd
W. dead.	I.T.	_	Name		1 - \$4	34
Yulguk	ITF	5	Normal	Elbow strike at the top & back fist at the bottom	Left	2nd
			Feet together, left hand over right fist,	Bankla wasan da		
Chun Gun	ITF	6	belt high	Double uppercut at the top	Left	2nd
		_	Feet together, left hand over right fist,			
Toi Gae	ITF	/	belt high	Knee strike in middle & last step	Right	3rd
			Feet together, Left hand over right,			
			both open fingers pointed to floor,	Last punch at top & Double elbow strike at		
Hwa Rang	ITF		belt high	bottom	Right	3rd
Chong Moo	ITF		Normal	Knee strike in middle & last step	Left	3rd
Kwan Gae	ITF		Open hands infront of face	Last step	Left	3rd
Po Eun	ITF		Open hands infront of face	Last step		4th
Gae Bek	ITF	12	Open hands infront of face	last step		4th
			Feet together, left hand over right fist,			
Choon Jang	ITF	13	belt high	Say "Choon Jang" on last step	Left	4th
			Feet together, fists to the side of the			
			body approximately 1 foot from legs.			
Eui Am	ITF	14	(Old ITF style Chariyot.)	Say "Eui Am" on last step	Left	4th

		Number W/In			Foot to Bring Back to	Poom/Dan Initially Required
Form Name	Style	Style	Choonbee	Kiehap	Choonbee	For
Taegeuk II Jang	WTF	1	Normal	last step	Left	1st
Taegeuk Yi Jang	WTF	2	Normal	last step	Left	1st
Taegeuk Sam Jang	WTF	3	Normal	last step	Left	1st
Taegeuk Sa Jang	WTF	4	Normal	last step	Left	1st
Taegeuk Oh Jang	WTF	5	Normal	last step	Left	1st
Taegeuk Yuk Jang	WTF	 	Normal	2nd high round house in middle	Left	1st
Taegeuk Chil Jang	WTF	7	Normal	last step	Left	1st
				2nd kick on the double front kick at top and		
Taegeuk Pal Jang	WTF	8	Normal	bottom of the form	Left	1st
	1111			Punch towards end before last 2 steps going		
Chonji	ITF	1	Normal	backwards	Left	1st
Chonji		-		High punch at the top & last high block at the		101
Dangun	ITF	,	Normal	bottom	Left	1st
	WTF	<u> </u>	Open hands infront of face	Last tiger mouth at top & last step of form	Left	2nd
Koryo	VVIF	9	Open hands infront of face	Backfist at the top & last high block at the	Leit	2110
Tocon	ITF		Normal	bottom	Dight	2nd
Tosan	IIIF	3	Feet together, left hand over right fist,	Doctorii	Right	2110
)				Consultand at the tage 8 side high at the heatens	Di-lat	21
Won Yo	ITF	4	infront of face	Speer hand at the top & side kick at the bottom	Right	2nd
	l	_	l., ,	Elbow strike at the top & back fist at the		
Yulguk	ITF	5	Normal	bottom	Left	2nd
		_	Feet together, left hand over right fist,	<u></u>		
Chun Gun	ITF	6	belt high	Double uppercut at the top	Left	2nd
				Mountain block when you first turn to each		
Keumgang	WTF	10	Normal	side (2 kie haps total)	Left	3rd
				Last reverse punch at top & last punch at		
Taebek	WTF	11	Normal	bottom	Left	3rd
			Feet together, left hand over right fist,			
Toi Gae	ITF	7	belt high	Knee strike in middle & last step	Right	3rd
			Feet together, Left hand over right,			
			both open fingers pointed to floor,	Last punch at top & Double elbow strike at		
Hwa Rang	ITF	8	belt high	bottom	Right	3rd
Chong Moo	ITF	9	Normal	Knee strike in middle & last step	Left	3rd
Kwan Gae	ITF	10	Open hands infront of face	Last step	Left	3rd
			Feet together, Left hand over right,			
			both open fingers pointed to floor,	1st of the double back fist to the front. This		
Pyong Won	WTF	12	belt high	happens two times in the form.	Left	4th
Po Eun	ITF	 	Open hands infront of face	Last step		4th
Gae Bek	ITF		Open hands infront of face	last step		4th
	<u> </u>	1	Feet together, left hand over right fist,			100
Choon Jang	ITF	13	belt high	Say "Choon Jang" on last step	Left	4th
CHOOH Jang	 	13		Single Street	20.0	7011
			Feet together, fists to the side of the			
			body approximately 1 foot from legs.			
Fui Δm	ITE	11	,		l eft	∆ +h
Eui Am	ITF	14	(Old ITF style Chariyot.)	Say "Eui Am" on last step	Left	4th