

Form Name	Style	Number W/In Style	Choonbee	Kiehap	Foot to Bring Back to Choonbee	Poom/Dan Initially Required For...
Taegeuk Il 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	6	Normal	2nd high round house in middle	Left	1st
Taegeuk Chil Jang	WTF	7	Normal	last step	Left	1st
Taegeuk Pal Jang	WTF	8	Normal	2nd kick on the double front kick at top and bottom of the form	Left	1st
Koryo	WTF	9	Open hands in front of face	Last tiger mouth at top & last step of form	Left	2nd
Keumgang	WTF	10	Normal	Mountain block when you first turn to each side (2 kie haps total)	Left	3rd
Taebek	WTF	11	Normal	Last reverse punch at top & last punch at bottom	Left	3rd
Pyong Won	WTF	12	Feet together, Left hand over right, both open fingers pointed to floor, belt high	1st of the double back fist to the front. This happens two times in the form.	Left	4th
Chonji	ITF	1	Normal	Punch towards end before last 2 steps going backwards	Left	1st
Dangun	ITF	2	Normal	High punch at the top & last high block at the bottom	Left	1st
Tosan	ITF	3	Normal	Backfist at the top & last high block at the bottom	Right	2nd
Won Yo	ITF	4	Feet together, left hand over right fist, in front of face	Spear hand at the top & side kick at the bottom	Right	2nd
Yulguk	ITF	5	Normal	Elbow strike at the top & back fist at the bottom	Left	2nd
Chun Gun	ITF	6	Feet together, left hand over right fist, belt high	Double uppercut at the top	Left	2nd
Toi Gae	ITF	7	Feet together, left hand over right fist, belt high	Knee strike in middle & last step	Right	3rd
Hwa Rang	ITF	8	Feet together, Left hand over right, both open fingers pointed to floor, belt high	Last punch at top & Double elbow strike at bottom	Right	3rd
Chong Moo	ITF	9	Normal	Knee strike in middle & last step	Left	3rd
Kwan Gae	ITF	10	Open hands in front of face	Last step	Left	3rd
Po Eun	ITF	11	Open hands in front of face	Last step		4th
Gae Bek	ITF	12	Open hands in front of face	last step		4th
Choon Jang	ITF	13	Feet together, left hand over right fist, belt high	Say "Choon Jang" on last step	Left	4th
Eui Am	ITF	14	Feet together, fists to the side of the body approximately 1 foot from legs. (Old ITF style Chariyot.)	Say "Eui Am" on last step	Left	4th

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