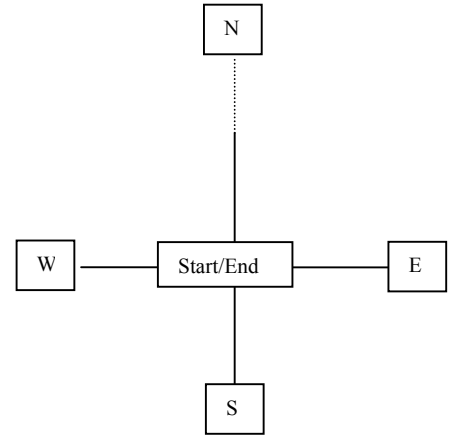


FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

CHON-JI: WHITE BELT TO YELLOW BELT

1. Chun-Bi (ready) stance (N)
2. Step L foot (W), L front stance - low block
3. Step R foot (W) into R front stance - middle punch
4. Turn 180° step R foot (E), R front stance - low block
5. Step into L front stance - middle punch
6. Turn 90° step L foot (N), L front stance - low block
7. Step into R front stance - middle punch
8. Turn 180° step R foot (S), R front stance - low block
9. Step into L front stance - middle punch
10. Turn 90° step L foot (E), back stance - inner forearm block
11. Step into R front stance - middle punch
12. Turn 180° step R foot (W), R back stance - inner forearm block
13. Step into L front stance - middle punch
14. Turn 90° step L foot (S), L back stance - inner forearm block
15. Step into R front stance - middle punch
16. Turn 180° step R foot (N), R back stance - inner forearm block
17. Step into L front stance - middle punch
18. Step into R front stance - middle punch – *KIHAP!*
19. Step backward L front stance - middle punch
20. Step backward R front stance - middle punch
21. Step L foot to R foot, Bahro – Chun-Bi Stance

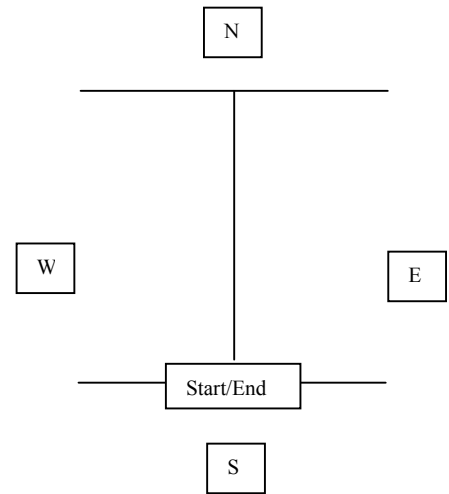


FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

DAN-GUN: YELLOW BELT TO GREEN BELT

1. Chun-Bi (ready) stance (N)
2. Step L foot (W), L back stance - knife hand guarding
3. Step R foot into R front stance - high punch
4. Turn 180° step R foot (E), R back stance - knife hand guarding
5. Step L foot into L front stance - high punch
6. Turn 90° L foot (N), L front stance - low block
7. Step into R front stance - high punch
8. Step into L front stance - high punch
9. Step into R front stance - high punch – *KIHAP!*
10. Pivot 270° step L foot (E), L back stance - square block
11. Step R foot into R front stance - high punch
12. Turn 180° step R foot, R back stance - square block
13. Step L foot into L front stance - high punch
14. Turn 90° step L foot (S), L front stance - L low block/ L high block (remain in front stance)
15. Step R foot into R front stance - high block
16. Step L foot into L front stance - high block
17. Step R foot into R front stance - high block – *KIHAP!*
18. Pivot 270° L foot (W), L back stance - knife hand strike
19. Step R foot into R front stance - high punch
20. Turn 180° step R foot, R back stance - knife hand strike
21. Step L foot, into L front stance - high punch
22. Step Bahro – Chun-Bi Stance

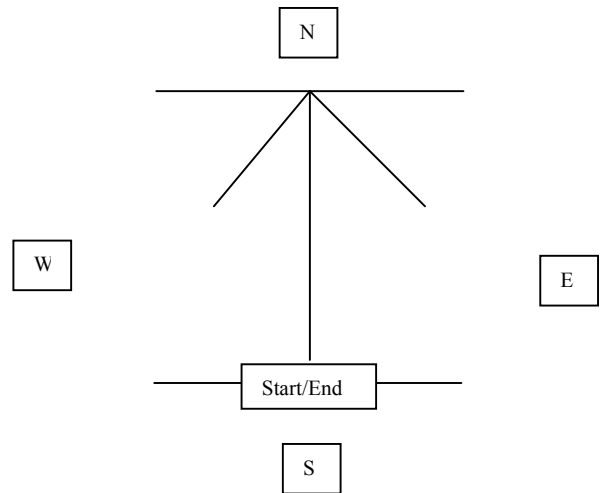


FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

DO-SAN: GREEN BELT TO ADVANCED GREEN BELT

1. Chun-Bi (ready) stance (N)
2. Step L foot (W), L front stance - L outer forearm (middle) block / R reverse punch
3. Step L foot over, bring R foot closed stance, step R foot into R front stance - R outer forearm (middle) block / L reverse punch
4. Step L foot (N), L back stance - knife hand guarding
5. Step R foot into, R front stance - R hand spear - **KIHAP!**
6. Break over escape, pivot L (360° E) to L front stance - L back hand
7. Step R foot into, R front stance - R back hand
8. Pivot 270° step L foot (E), L front stance - L outer forearm (middle) block / R reverse punch
9. Step L foot over, bring R foot closed stance, step R foot into R front stance - R outer forearm (middle) block / L reverse punch
10. L-foot pulls back to closed stance face 45° (SE), ready arms for double outer forearm block
11. Step L foot into L front stance - double outer forearm block
12. R front kick, land in R front stance, R punch - L reverse punch
13. R foot pulls back to closed stance face 45° (SW), ready arms for double outer forearm block
14. Step R foot into front stance - double outer forearm block
15. L front kick, land in L front stance, L punch - reverse punch
16. L foot pulls back to closed stance (S)
17. Step L foot (S) into L front stance - L high block
18. Step R foot (S) into R front stance - R high block
19. Pivot 270° L foot (W), horse riding (middle) stance - knife hand strike
20. Double step (E) to horse riding (middle) stance - knife hand strike
21. Step R foot to L foot Bahro - Chun-Bi Stance

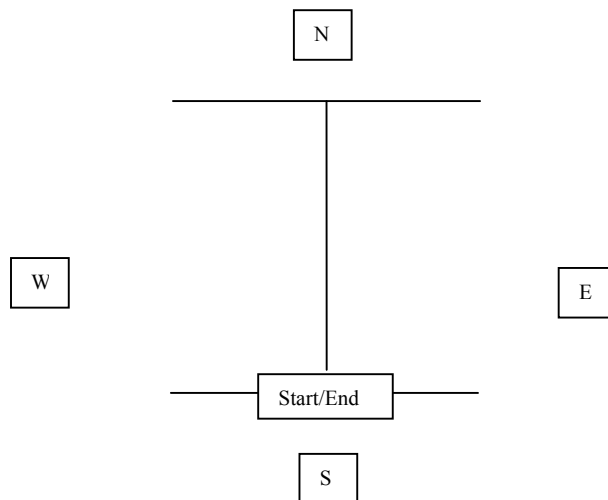


FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

WON-HYO: ADVANCED GREEN BELT TO BLUE BELT

1. Chun-Bi (ready) stance (N)
2. Closed stance, honor salute (wrap L hand on R fist) hold at eye level
3. Step L (W), back stance - square block
4. Pull L fist to R shoulder – inverted knife hand strike with R hand in the same movement
5. Step to fixed stance (deep back stance), drop L hand to belt and punch
6. Double step R (180° E) to back stance - square block
7. Pull R fist to L shoulder – inverted knife hand strike with R hand in the same movement
8. Step to fixed stance (deep back stance), drop R hand to belt and punch
9. Pull R foot back to closed stance, arms R side ready, bring L foot up to ready to kick (chamber)
10. L side kick (N), land back stance - knife hand guarding
11. Step north, back stance - knife hand guarding
12. Step north, back stance - knife hand guarding
13. Step north, front stance - R hand spear -
KIHAP!
14. Break over escape, pivot L (270° E) to L back stance - square block
15. Pull L hand to R shoulder - knife hand strike with R hand in the same movement
16. Step to fixed stance (deep back stance), drop L hand to belt and punch
17. Double step (180° W) to R back stance - square block
18. Pull R hand to L shoulder - knife hand strike with L hand in the same movement
19. Step to fixed stance (deep back stance), drop R hand to belt and punch
20. R-foot pulls back to closed stance face south,
21. Step (S) L front stance, R circular inner forearm block
22. Move to R front kick, land in R front stance, L reverse punch
23. Remain in front stance, L circular inner forearm block
24. Move to L front kick, land in L front stance, R reverse punch
25. Pull R foot back to closed stance, arms L side ready, bring R foot up to ready to kick (chamber)
26. R side kick (S), (***KIHAP!***), land in closed stance
27. Pivot counter clockwise to (W) L guarding stance (fist)
28. Double step to (E) R guarding stance (fist)
29. Bahro, R foot returns close stance, honor salute (wrap L hand on R fist) at eye level

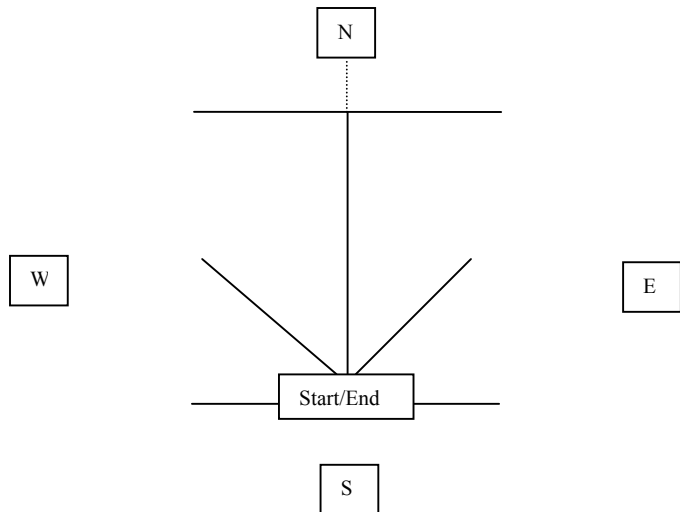


FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

YUL-GOK: BLUE BELT TO ADVANCED BLUE BELT

1. Chun-Bi (ready) stance (N)
2. Step L foot (W) face N, horse riding (middle) stance – slow L punch (breathing exercise), fast R/L double punch
3. Close stance, step to side R foot (E) face N, horse riding (middle) stance – slow R punch (breathing exercise), fast L/R double punch
4. Close stance, step 45° R foot (NE), R front stance – R inner forearm block
5. Step L-front kick, land in L-front stance, L/R double punch
6. Close stance, step 45° L foot (NW), L front stance – L inner forearm block
7. Step R-front kick, land in R-front stance, R/L double punch
8. Step to (N) center R front stance, slow R outer forearm KNIFE hook, slow L outer forearm KNIFE hook, R punch
9. Step N to L front stance, slow L outer forearm KNIFE hook, slow R outer forearm KNIFE hook, L punch
10. Step R foot front stance – punch - **KIHAP!**
11. Close stance (N), arms ready at R side, hold L foot ready to side kick
12. L side kick (N), fall to L front stance – R horizontal elbow strike
13. Close stance (S), arms ready at L side, hold R foot ready to side kick
14. R side kick (S), fall to R front stance – L horizontal elbow strike
15. Close stance, step (E) L foot to back stance – KNIFE hand square block
16. Step R foot into front stance – R hand spear
17. Turn (W) R foot to back stance – KNIFE hand square block
18. Step L foot into front stance – L hand spear
19. Step L foot (S), L front stance – L outer forearm (middle) block / R reverse punch
20. Step R foot into front stance – R outer forearm (middle) block / L reverse punch
21. Pull R hand back, slide jump to “X” stance – L backhand strike - **KIHAP!**
22. Pivot 270° (E) R front stance – reinforced R inner forearm block
23. Close stance step (W) to L front stance - reinforced L inner forearm block
24. Step L foot to right, Bahro – Chun-Bi Stance

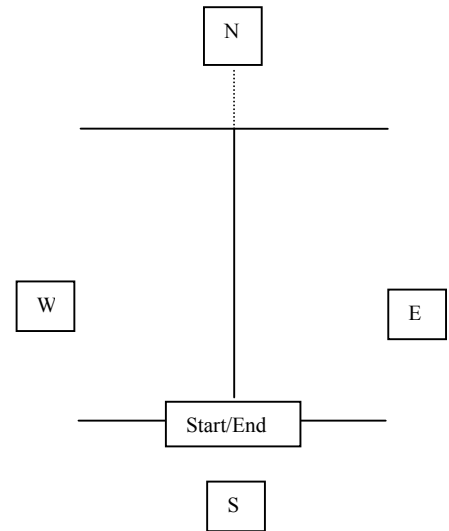


FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

JOONG-GUN: ADVANCED BLUE BELT TO BROWN BELT

1. Chun-Bi (ready) stance (N)
2. Closed stance, honor salute (wrap L hand on R fist) hold at chest level
3. Step L foot (W) to back stance – L inner hand ridge/inner forearm strike
4. L front kick (front leg), step R foot (W) to cat stance – R hand upper palm press
5. Turn 180° (E), R foot back stance – R inner hand ridge/inner forearm strike
6. R front kick (front leg), step L foot (E) to cat stance – L hand upper palm press
7. Step L foot (N) to back stance - knife hand guarding
8. Step L front stance – R hand raising upper elbow strike
9. Step R foot (N) to back stance - knife hand guarding
10. Step R front stance – L hand raising upper elbow strike
11. Step L front stance - double upper block
12. Step R foot front stance – double offset punch - **KIHAP!**
13. Turn 180° (S), L front stance - high X block (L hand over R hand)
14. Turn 90° Close stance, step (E) L foot back stance – L backhand
15. Break hold L hand, step into L foot front stance – R reverse punch
16. Close stance (double step) to (W) R foot back stance – R backhand
17. Break hold R hand, step into R foot R front stance – L reverse punch
18. Close stance, step (S) L front stance – reinforced L inner forearm block
19. Front leg hop step to L back stance – L punch
20. Step to rear leg R side kick, land R front stance – reinforced L inner forearm block
21. Front leg hop step to R back stance – R punch
22. Step rear leg to L side kick, land L guarding stance
23. Step to L foot front stance – L upper/R lower hand press (done slow and exhale)
24. Step to R back guarding stance
25. Step to R foot front stance – R upper/L lower hand press (done slowly and exhale)
26. Close stance L to R (face (E)) straight stance, perform horizontal R cross punch
27. Step R foot back stance – double staff catch
28. Double step (W), L foot back stance – double staff catch - **KIHAP!**
29. Bring L foot to R foot, Bahro, honor salute (wrap L hand on R fist) hold at chest level – Chun-Bi Stance

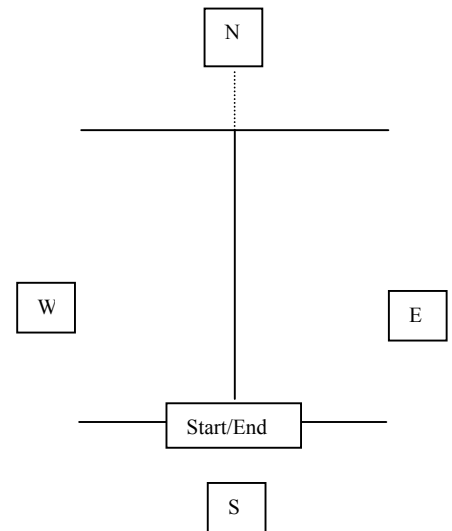


FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

TOI-GYE: BROWN BELT TO INTERMEDIATE BROWN BELT

1. Chun-Bi (ready) stance (N)
2. Closed stance, honor salute (wrap L hand on R fist) hold at waist level
3. Step L foot (W) to L back stance – L inner forearm block
4. Step L foot front stance – same movement, pull L fist to R shoulder – R hand groin spear
5. Close stance L foot to R foot, face (N) slow L low block – R inner forearm block
6. Step R foot (E) to back stance – R inner forearm block
7. Step R front stance – same movement, pull R fist to L shoulder – L hand groin spear
8. Close stance, face (N) slow R low block – L inner forearm block
9. Crossing R foot over, step to L front stance – low X block (R hand over L) – to double forearm block (break)
10. Step R-front kick, land in R-front stance, R/L double punch
11. Step L foot close stance face (W) – fists on hips
12. Step (W) R front raising kick – land (S) horse riding stance – L inner forearm to rear – R reverse outer forearm to front
13. Step (W) L front raising kick – land (N) horse riding stance – R inner forearm to rear – L reverse outer forearm to front
14. Step (E) L front raising kick – land (S) horse riding stance – R inner forearm to rear – L reverse outer forearm to front
15. Step (E) R front raising kick – land (N) horse riding stance – L inner forearm to rear – R reverse outer forearm to front
16. Step (E) L front raising kick – land (S) horse riding stance – R inner forearm to rear – L reverse outer forearm to front
17. Step (W) L front raising kick – land (N) horse riding stance – R inner forearm to rear – L reverse outer forearm to front
18. Close stance (N) R foot to L foot, step to back stance, lower reinforced L inner forearm block
19. Step (N) to L front stance – double hand - head grab – pull down to R knee strike **KIHAP!**
20. Land R foot straight down turn 180° (S) to L back stance – knife hand guarding
21. Front kick (L) land L front stance – high L hand spear
22. Step (S) R back stance – knife hand guarding
23. Front kick (R) land front stance – high R hand spear.
24. Step R back to back stance (face S) L low block – R back hand to rear
25. Raise to L leg block – L low block
26. Step L jump (S) land R low X stance – low X block
27. Step (S) R front stance – reinforced R inner forearm block
28. Pivot 270° L (W) back stance – low knife hand guarding
29. Step to L front stance – R circular inner forearm block
30. Close double step R (E) to back stance – low knife hand guarding
31. Step to R front stance – L circular inner forearm block
32. Remain in place, shift to L front stance - R circular inner forearm block
33. Remain in place, raise R step to (N) horse riding stance – R punch **KIHAP!**
30. Bahro, honor salute (wrap L hand on R fist) hold at waist level – Chun-Bi Stance

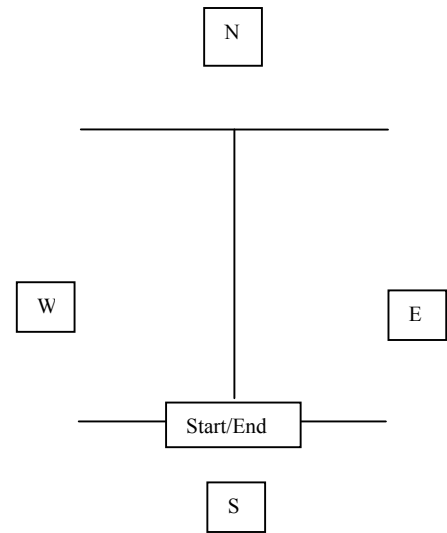


FORMS

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HWA-RANG: INTERMEDIATE BROWN BELT TO ADVANCED BROWN BELT

1. Chun-Bi (ready) stance (N)
2. Closed stance, form “setting sun” at waist level
3. Raise hands to L side ready (hold the setting sun)
4. Step to side L foot (W) face N, horse riding (middle) stance - straight L palm strike - R/L double punch
5. Shift to R foot (E) to back stance - square block
6. Same movement, pull R fist to L shoulder - closed inverted fist strike with L hand
7. Step to R fixed stance (deep back stance), drop R hand to belt and punch
8. Pull R foot close stance, R circular knife hand strike
9. Step (E) L foot front stance - L punch
10. Step (N) L front stance - L low block
11. Step (N) R front stance - R punch
12. Close stance L to R, R straight elbow strike - R side kick - **KIHAP!**
13. Land R back stance - R knife hand strike
14. Step (N) L front stance - L punch
15. Step (N) R front stance - R punch
16. Pivot 270° (E) to L back stance - knife hand guarding
17. Step (E) R front stance - R hand spear
18. Turn L (W) to L back stance - knife hand guarding
19. Step R (rear leg) round house - L round house - land (W) L back stance - knife hand guarding
20. Pivot 90° (S) to L front stance - low block
21. Close to L “broken” back stance - R reverse punch
22. Step (S) R “broken” back stance - L reverse punch
23. Step (S) L “broken” back stance - R reverse punch
24. Step (S) L front stance - low X block
25. Slide jump to L back stance (N), R solar plexus elbow side (S)/L solar plexus elbow to rear (W) **KIHAP!**
26. Close stance L to R, turn 90° (W) L low block/R inner forearm block
27. Slight body turn R, R low block/L inner forearm block
28. Step (W) R foot over L foot to L back stance - knife hand guarding
29. Double step (E) R back stance - knife hand guarding
30. Bahro, closed stance, form “setting sun” at waist level - Chun-Bi Stance



FORMS

Completing a form is an individual action that allows the student to practice and develop technique, power, timing, focus breathing, and concentration.

CHOONG-MOO: ADVANCED BROWN TO BLACK BELT (BASSAI ALSO REQUIRED)

1. Chun-Bi (ready) stance (N)
2. Step L (W), back stance - square knife hand block
3. Same movement, step to R front stance, high L knife hand block/R inverted knife hand strike
4. Turn step (180° E) to R back stance - knife hand guarding
5. Step L front stance - high L spear
6. Close stance, face (N) L back stance - knife hand guarding
7. Pull R-foot back to closed stance face S, arms L side ready, bring R foot up to ready
8. R side kick (S) **KIHAP!**, land (N) L back stance - knife hand guarding
9. Step R foot, jump to double motion flying R side kick, land (N) R back stance - knife hand guarding
10. Pivot 270° to (E) L back stance - L low block
11. Step to L front stance - double hand head grab - pull down to R knee strike, bring R foot straight down to closed stance
12. Turn 225° to L (SW) front stance - R hand ridge strike
13. Step to R (rear) side kick, land broken back stance - turn L back side kick - land guarding back stance facing 45° (NE)
14. Step to L (rear) round house kick - bring L foot straight down - step to R (S) "FIXED" stance - inverted staff catch
15. Jump straight up - spin land R back stance - knife hand guarding
16. Step L (S) front stance, same movement, pull L hand to R shoulder - R hand groin spear
17. Step R back to back stance (face S) L low block - R back hand to rear
18. Step to R front stance - R spear middle
19. Pivot 270° (W) L front stance - reinforced L inner forearm block
20. Step (W) R foot up, move to R horse riding stance before R foot completes stance - reverse R outer forearm block/R backhand strike
21. Turn (E) step to R side kick - L side kick - land (W) broken R back stance - waist high knife X block
22. Step to L (W) front stance - double upper palm press (slow and exhale)
23. Turn (E) R front stance - R high block/L reverse punch **KIHAP!**
24. Step R foot step Bahro - Chun-Bi Stance

