

White Belt Form

1. Left foot steps forward to left front stance, left **high block**.
2. No step. Right middle section **reverse punch**.
3. #2 Right **front kick**
4. Land in right front stance, right **low block**
5. Left foot steps east to left front stance,
left middle section **punch**
6. Right foot moves clockwise to form middle stance
right **inner forearm block**.
7. #3 Right **side kick**. Kihap
8. Land in middle stance, right **knifehand** strike to west.
9. Left foot steps west to left front stance,
left **high section punch**.
10. Right foot steps west to right front stance,
right **high block**
11. No step. Left middle section **reverse punch**.
12. #2 **Left front kick**
13. Land in left front stance, left **low block**
14. Right foot steps west to right front stance,
right middle section **punch**
15. Left foot moves counter-clockwise to form middle
stance,
left inner **forearm block**.
16. #3 Left **side kick**. Kihap,
17. Land in middle stance, left **knifehand** strike to east.
18. Right foot steps east to right front stance,
right **high section punch**.

Bahroh (rest) -Left foot steps forward to natural ready stance.