***JMU Tae Kwon Do Club***



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| **Count** | **Direction** | **Stance** | **Technique** | **Notes** |
| 12341234 | WWEENNNNN | L BackR FrontR BackL FrontL FrontR FrontL FrontR Front | L In-to-Out BlockR Out-to-In BlockR In-to-Out BlockL Out-to-In BlockL Low BlockR High BlockL High BlockR Side KickR Sh. Punch | Should level punch; Kiyap |
| 12341234 | ESEWSWSSSSS | L BackR BackR BackL BackL FrontR FrontL FrontR Front | Double Knife HandDouble Knife HandDouble Knife HandDouble Knife HandL Low BlockJBJBR Front KickR Chin Punch | R neck strike, L high block; both knife handsL neck strike, R high block; both knife handsRepoint knee, aim with L handChin level punch; Kiyap |
| 1234 | WWEE | L HorseL FrontR HorseR Front | L Low BlockR S.P. PunchR Low BlockL S.P. Punch | Look before turningStep out with L leg; solar plexus level punchL foot to R, cross hands; 5 secondsKiyap |

**Beginner Belt Form**

*Ki Cho Hyung – First Traditional Form*