***JMU Tae Kwon Do Club***



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| --- | --- | --- | --- | --- |
| **Count** | **Direction** | **Stance** | **Technique** | **Notes** |
| 1  2  3  4  1  2  3  4 | W  W  E  E  N  N  N  N  N | L Back  R Front  R Back  L Front  L Front  R Front  L Front  R Front | L In-to-Out Block  R Out-to-In Block  R In-to-Out Block  L Out-to-In Block  L Low Block  R High Block  L High Block  R Side Kick  R Sh. Punch | Should level punch; Kiyap |
| 1  2  3  4  1  2  3  4 | E  SE  W  SW  S  S  S  S  S | L Back  R Back  R Back  L Back  L Front  R Front  L Front  R Front | Double Knife Hand  Double Knife Hand  Double Knife Hand  Double Knife Hand  L Low Block  JB  JB  R Front Kick  R Chin Punch | R neck strike, L high block; both knife hands  L neck strike, R high block; both knife hands  Repoint knee, aim with L hand  Chin level punch; Kiyap |
| 1  2  3  4 | W  W  E  E | L Horse  L Front  R Horse  R Front | L Low Block  R S.P. Punch  R Low Block  L S.P. Punch | Look before turning  Step out with L leg; solar plexus level punch  L foot to R, cross hands; 5 seconds  Kiyap |

**Beginner Belt Form**

*Ki Cho Hyung – First Traditional Form*