

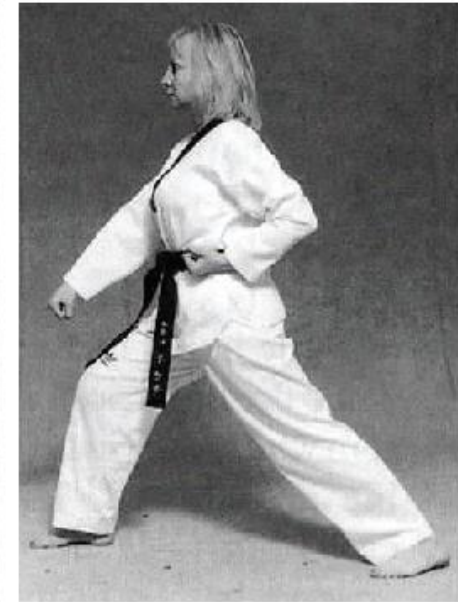
Basic Form 1 - Kicho IL Jang



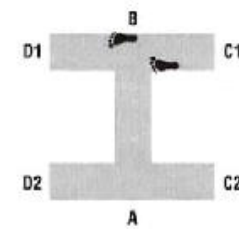
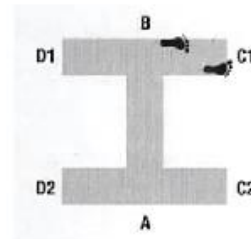
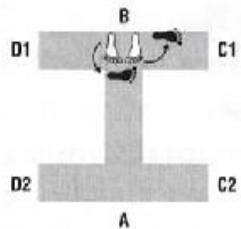
1. Starting in a ready stance (Jhoon-bi) on the center of the line (D1-C1 at point B), turn to the left (90°) while sliding the left foot into a left front stance and executing a low block with the left arm.



2. Move the right foot one step forward into a right front stance while executing a regular punch with the right hand.



3. Pivoting on the ball of the left foot, turn right (180° toward D1) while sliding the right foot into a right front stance while executing a low block with the right arm.



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4. Move the left foot forward into a left front stance and execute regular punch with the left hand.



5. Pivoting on the ball of the right foot, turn to the left (90° toward A) while sliding the left foot into a left front stance and execute a low block with the left hand.



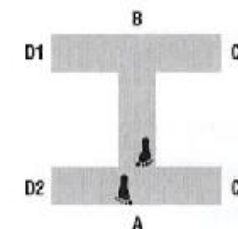
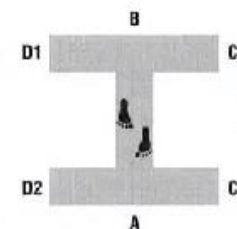
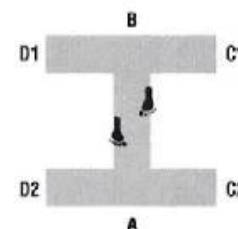
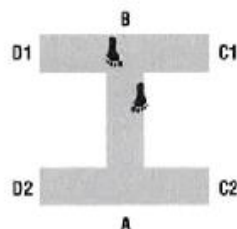
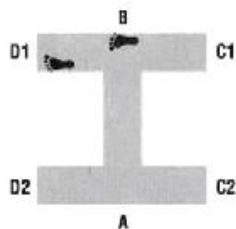
6. Move the right foot into a right front stance and execute a regular punch with the right hand.



7. Move the left foot into a left front stance and execute a regular punch with the left hand.



8. Move the right foot into a right front stance and execute a regular punch with the right hand. Kihap!



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9. Pivoting on the ball of the right foot, turn to the left (270° on D2) while sliding the left foot into a left front stance and executing a low block with the left hand.



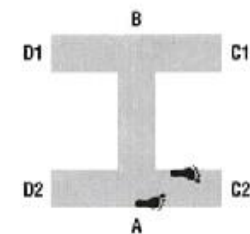
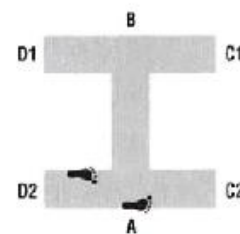
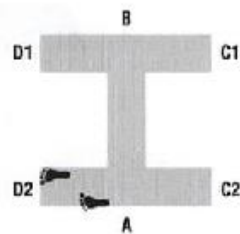
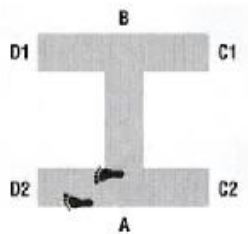
10. Move the right foot into a right front stance and execute a regular punch with the right hand.



11. Pivoting on the ball of the left foot, turn to the right (180° toward C2) into a right front stance while executing a low block with the right arm.



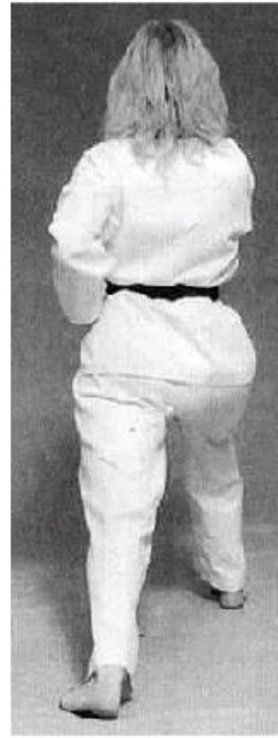
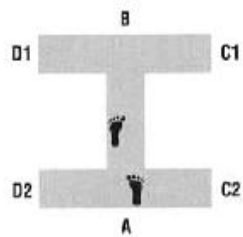
12. Move the left foot into a left front stance while executing a regular punch.



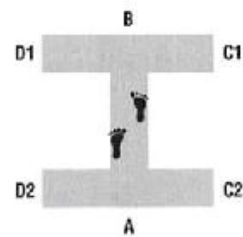
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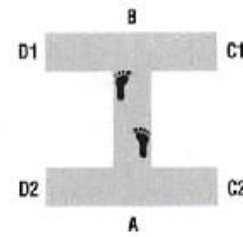
13. Pivoting on the ball of the right foot, turn to the left (90° toward B) while moving into a left front stance and executing a low block with the left hand.



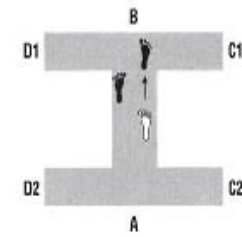
14. Move the right foot into a right front stance and execute a regular punch with the right hand.



15. Move the left foot into a left front stance and execute a regular punch with the left hand.



16. Move the right foot into a right front stance while executing a regular punch with the right hand. Kihap.



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17. Moving the left foot, turn (270° to the left towards C1) into a left front stance. Execute a low block with the left hand.



18. Step forward into a right front stance and execute a regular punch with the right fist.



19. Moving the right foot, turn (180° to the right towards D1) into a right front stance. Execute a low block with the right hand.



20. Step forward into a left front stance and execute a regular punch with the left fist. Return to ready stance (Jhoon-bi).

