

1. Ready stance: (Jhoon-bi) on the center line (D1-C1 at point B), turn 90° to the left while sliding the left foot into a left walking stance and execute a low block with the left arm.



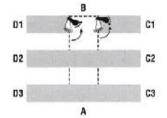
2. Move the right foot into a right front stance while executing a regular punch with the right fist.

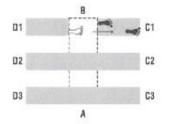


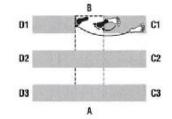
3. Pivoting on the ball of the left foot, turn right (180° towards D1) while sliding the right foot into a right walking stance while executing a low block with the right arm.

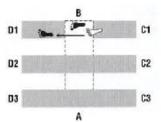


Move the left foot into a left front stance while executing a regular punch with the left fist.











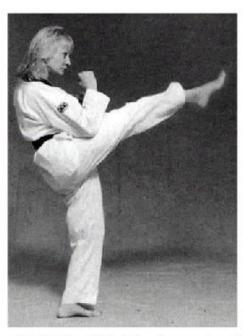
5. Pivot on the ball of the right foot, turn to the left (90° toward A) while sliding the left foot into a left walking stance and execute a right inside middle block (mahki) with the right hand.



6. Move the right foot into a right walking stance while executing a left inside middle block (mahki) with the left hand.

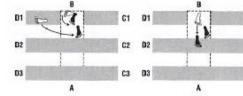


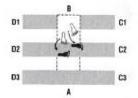
7. Pivoting on the ball of the right foot, turn to the left (90° toward C2) by moving the left foot into a left walking stance and execute a low block with the left hand.

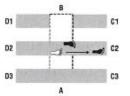




8. With the left foot fixed, execute a front snap kick with the right foot. Drop into a right front stance while executing a (high) regular punch with the right hand.

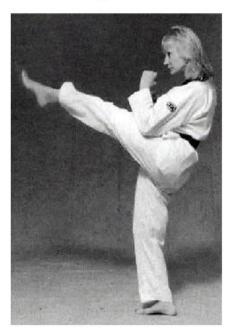








9. Pivoting on the ball of the left foot, turn to the right (180° toward D2) while sliding the right foot into a right walking stance and execute a low block with the right hand.



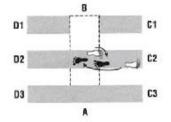
10. With the right foot fixed, execute a front snap kick with the left foot and drop into a left front stance while executing a (high) regular punch with the left hand.

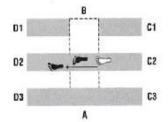


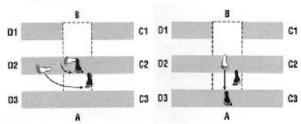
11. Pivoting on the ball of the right foot, turn to the left (90° toward A) by moving the left foot into a left walking stance and execute a high block with the left arm.



12. With the left foot fixed, move the right foot one step forward into a right walking stance while executing a high block with the right arm.

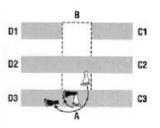






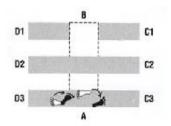


13. Pivoting on the ball of the right foot, turn to the left (270° toward D3) by moving the left foot into a left walking stance and execute an inside middle block (mahki) with the right hand.





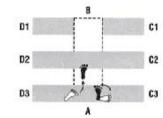
14. Pivoting on the ball of the left foot, turn to the right (180° toward C3) by moving the right foot into a right walking stance and execute an inside middle block with the left hand.

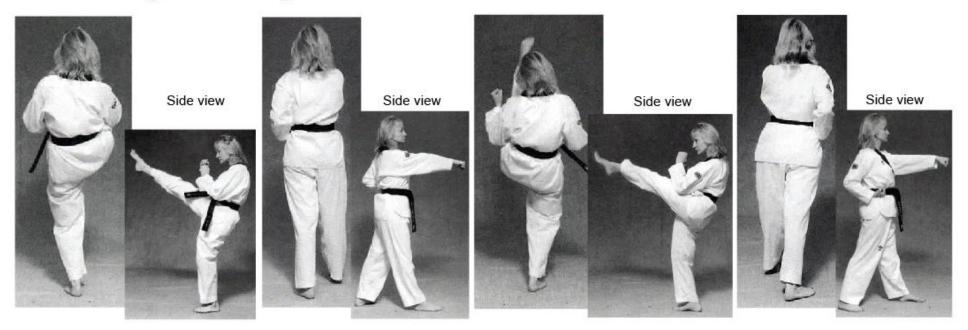






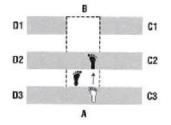
15. Pivoting on the ball of the right foot, turn to the left (90° toward B) by moving the left foot into a left walking stance and execute a low block with the left hand.

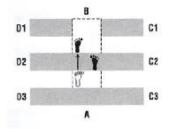




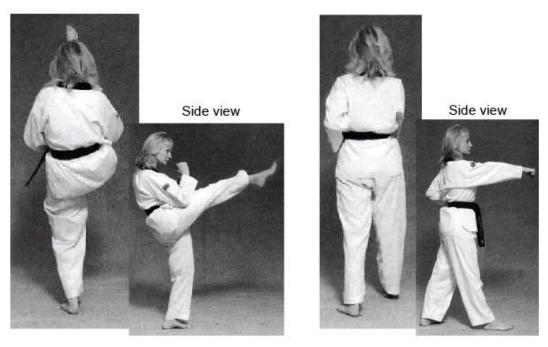
16. With the left foot fixed, execute a front snap kick with the right foot and drop down into a right walking stance while executing a regular punch with the right fist.

17. With the right foot fixed, execute a front snap kick with the left foot and drop into a left walking stance while executing a regular punch with the left fist.





Form 2 - Taeguek EE Jang



18. With the left foot fixed, execute a front snap kick with the right foot and drop into a right walking stance while executing a regular punch with the right fist. Kihap. Pivot on the ball of the right foot, turning to the left (180° facing A) and assume ready stance (Jhoon-bi).

