

Basic Form 3 - Kicho SAM Jang



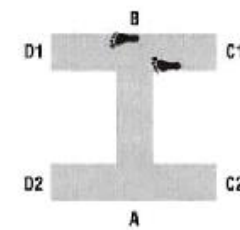
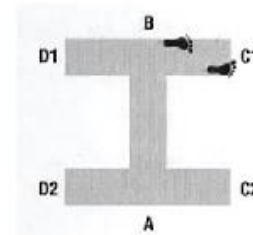
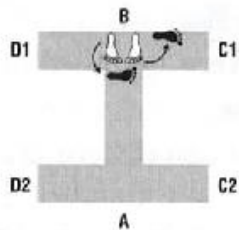
1. Starting in a ready stance (Jhoon-bi) on the center of the line (D1-C1 at point B), turn to the left (90°) while sliding the left foot into a left front stance and executing a high block with the left arm.



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



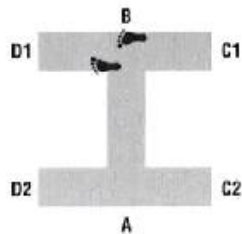
3. Pivoting on the ball of the left foot, turn right (180° toward D1) while sliding the right foot into a right front stance while executing a high block with the right arm.



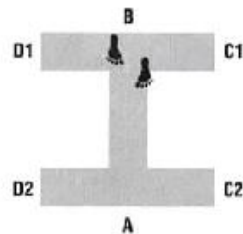
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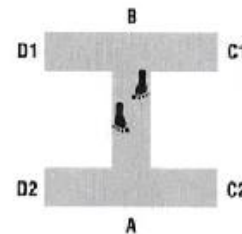
4. Step forward with the left foot into a left front stance while executing a regular punch with the left fist.



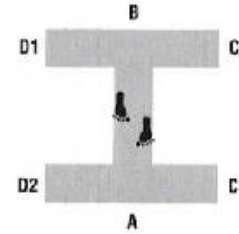
5. Turn to the left (90° facing A) with the left foot into a left front stance while executing a low block with the left hand.



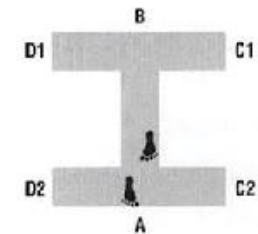
6. Step forward with the right foot into a right front stance while executing a regular punch with the right fist.



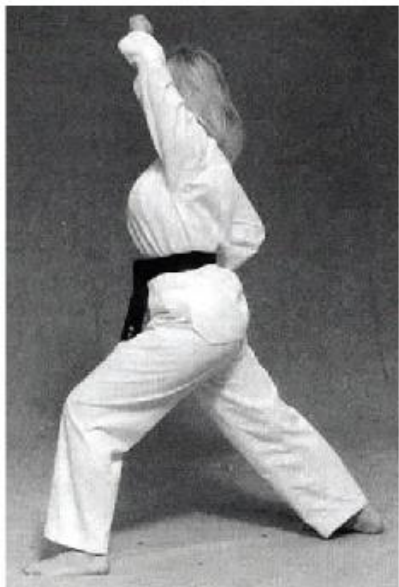
7. Step forward with the left foot into a left front stance while executing a regular punch with the left fist..



8. Step forward with the right foot into a right front stance while executing a regular punch with the right fist.



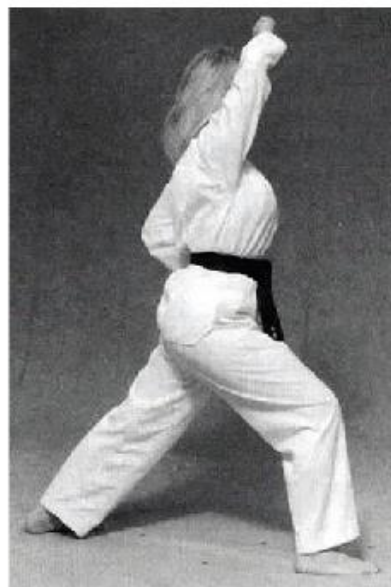
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9. Move the left foot (270° toward D2) into a left front stance. Execute a high block with the left hand.



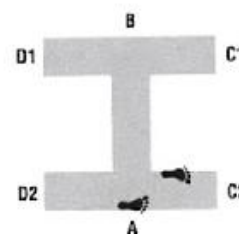
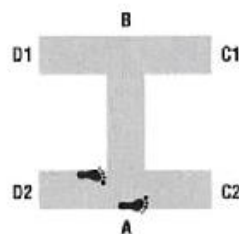
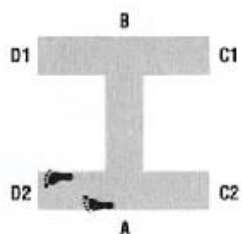
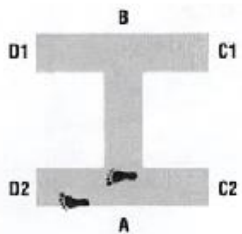
10. Step forward with the right foot into a right front stance. Execute a regular punch with the right fist.



11. Move the right foot, turn (180° to the right towards C2) into a right front stance. Execute a high block with the right arm.



12. Step forward into left front stance. Execute a regular punch with the left fist.



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13. Moving the left foot, turn left (90° toward B) into a left front stance. Execute a left low block with the left arm.



14. Step forward with the right foot into a right front stance. Execute a regular punch with the right fist.



15. Step forward with the left foot into a left front stance. Execute a regular punch with the left fist.



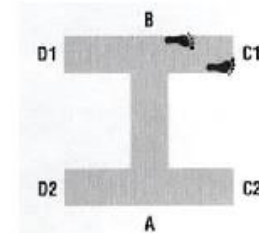
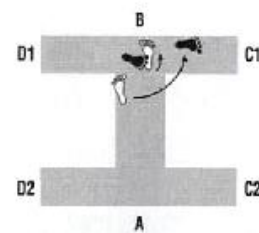
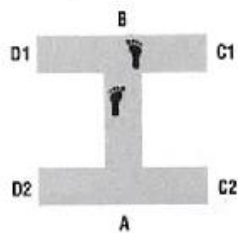
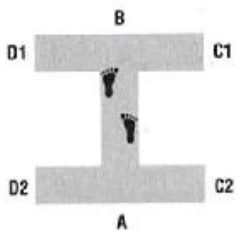
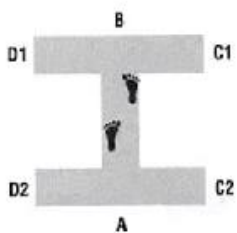
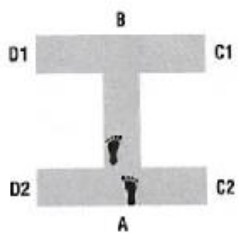
16. Step forward with the right foot into a right front stance. Execute a regular punch with the right fist. Kihap!



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



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



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



20. Step forward into a left front stance and execute a regular punch with the left fist.



Return to Jhoon-bi

