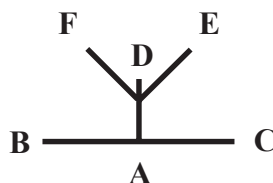


Basic Form # 2



1) Attention

2) Bow

3) Junbi

4) Step back with your right foot into a fighting stance - Kihop

5) Jab - reverse punch (4 times) - Kihop on each reverse punch

6) 4 Corners blocks 1 - 8

7) Moving your right foot forward, turn 1/4 turn counter-clockwise into a fighting stance facing B - step snap kick toward B - jab - reverse punch - Kihop on reverse punch

8) Moving your right foot, turn 1/2 turn clockwise stepping with your right foot into a fighting stance facing C - step snap kick toward C - jab - reverse punch - Kihop on reverse punch

9) Move your right foot backward toward A into a fighting stance facing D - Kihop

10) Moving forward toward D - (3) rear leg snap kicks (right - left - right), kicking leg landing forward on each kick - jab - reverse punch - Kihop on reverse punch

11) Moving 45 degrees to your right toward E, front hand backfist - step side kick

12) Moving 90 degrees to your left toward F, front hand backfist - step side kick

13) Move your right foot backward toward A into a fighting stance - jab - reverse punch - Kihop on reverse punch

14) Moving forward toward D, right leg knee strike and land forward - left leg knee strike and land forward

15) Right elbow strike - left elbow strike

16) Rear leg spin roundhouse kick (spin 360 degrees finishing in a fighting stance facing D - Kihop on the kick

17) Move your left leg backward toward your right foot to Junbi facing D