

Basic Form #1

- 1) Starting from Junbi move to Attention - moving left foot to right
- 2) Bow
- 3) Junbi - stepping back out to shoulder - width apart with left foot
- 4) Step back with right foot into self defense stance; Yell "Back Off"
- 5) Fighting stance
- 6) Four corners blocking 1 - 8
- 7) Jab
- 8) Reverse punch
- 9) Front elbow strike
- 10) Rear elbow strike
- 11) Knee strike (with rear leg)
- 12) Front snap kick (with rear leg)
- 13) Forward roll & immediately standing into a fighting stance
- 14) Jab
- 15) Reverse Punch with Kihop (yell)
- 16) Move your left foot back towards the right to Junbi