

Kicho Ee-Jang

“White Belt Form”

BEGIN IN JUN BI STANCE:

Step 1: Turn Left 90° and execute a Left Front Stance Left Low Block.

Step 2: Step forward and execute a Right Front Stance Right Middle Punch.

Step 3: Turn Right 180° and execute a Right Front Stance Right Low Block.

Step 4: Step forward and execute a Left Front Stance Left Middle Punch.

Step 5: Turn Left 90° and execute a Left Front Stance Left Low Block.

Step 6: Step forward and execute a Right Front Stance Right Middle Punch.

Step 7: Step forward and execute a Left Front Stance Left Middle Punch.

Step 8: Step forward and execute a Right Front Stance Right Middle Punch and Ki Hap!

Step 9: Turn Left 270° and execute a Left Front Stance Left Low Block.

Step 10: Step forward and execute a Right Front Stance Right Middle Punch.

Step 11: Turn Right 180° and execute a Right Front Stance Right Low Block.

Step 12: Step forward and execute a Left Front Stance Left Middle Punch.

Step 13: Turn Left 90° and execute a Left Front Stance Left Low Block.

Step 14: Step forward and execute a Right Front Stance Right Middle Punch.

Step 15: Step forward and execute a Left Front Stance Left Middle Punch.

Step 16: Step forward and execute a Right Front Stance Right Middle Punch and Ki Hap!

Step 17: Turn Left 270° and execute a Left Front Stance Left Low Block.

Step 18: Step forward and execute a Right Front Stance Right Middle Punch.

Step 19: Turn Right 180° and execute a Right Front Stance Right Low Block.

Step 20: Step forward and execute a Left Front Stance Left Middle Punch.