

Kicho Il-Jang

“White Belt Form”

BEGIN IN JUN BI STANCE:

Step 1: Turn Left 90° and execute a Left Front Stance Left High 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 High 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 High 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!