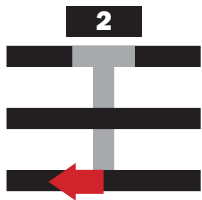
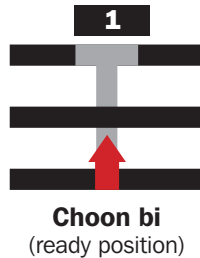
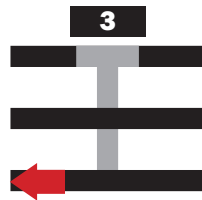


Basic Form #2

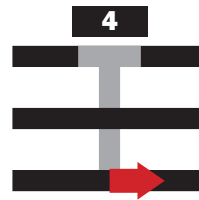
(All stances are deep front stances.)



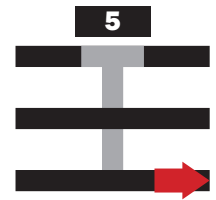
Turn head to left. Then turn body 90° to left and execute left hand high block.



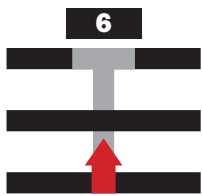
Step forward with right foot and execute right hand middle punch.



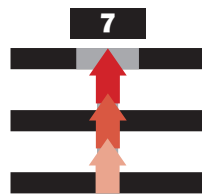
Turn head to right, then turn body 180° to right and execute right hand high block.



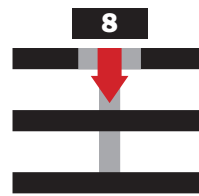
Step forward with left foot and execute left hand middle punch.



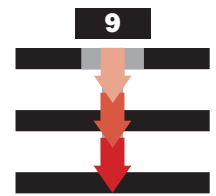
Turn head to left. Then turn body 90° to left and execute left hand high block with left foot forward.



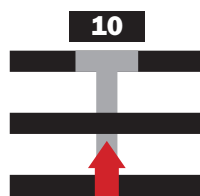
Step forward three times, beginning with right foot, with three middle punches and **KI YAP!** on the third punch.



Turn head to left, then turn body 180° to left and execute left hand high block.



Step forward three times, beginning with right foot, with three middle punches and **KI YAP!** on the third punch.



Turn body 180° to left.
Choon bi.