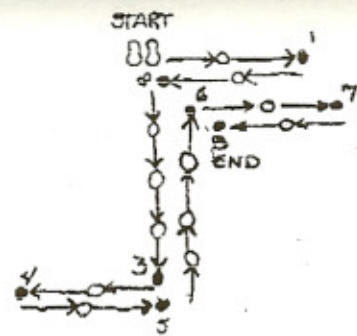


FORMS



BASIC FORM 4

1. outside middle block, front snap kick, regular punch
2. outside middle block, front snap kick, regular punch
3. leg block, regular punch, regular punch, regular punch (yell kihap)
4. outside middle block, front snap kick, regular punch
5. outside middle block, front snap kick, regular punch
6. leg block, regular punch, regular punch, regular punch (yell kihap)
7. outside middle block, front snap kick, regular punch
8. outside middle block, front snap kick, regular punch
9. Joon Bee

BASIC FORM 5

1. outside middle block, [high block, reverse punch combination]
2. outside middle block, [high block, reverse punch combination]
3. [leg block, high block combination], high block, high block, [high block, reverse punch combination] (yell kihap)
4. outside middle block, [high block, reverse punch combination]
5. outside middle block, [high block, reverse punch combination]
6. leg block, front snap kick, regular punch, front snap kick, regular punch, front snap kick, regular punch (yell kihap)
7. outside middle block, [high block, reverse punch combination]
8. outside middle block, [high block, reverse punch combination]
9. Joon Bee