

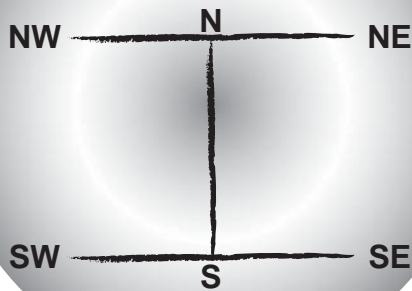
White Belt Form 1 (Tae Guk Gee Bon Hyung 1)

This form is to be practiced by student ages 10 years old and under.

All Forms are starting from the center of North facing South and finish at the center of North. All the Forms have repetitive moves from East to West and West to East.

Total Movements: 12 Moves

Diagram of white belt forms



Jun
Bee



Ready Stance

1



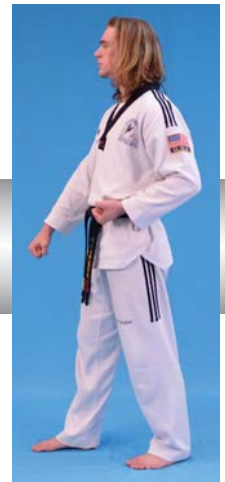
1. Moving left leg to the left, turn 90° NE into left walking stance, left hand down block.

2



2. Moving right leg forward into right walking stance, right hand body punch.

3



3. Moving right leg to the right, turn 180° NW into right walking stance, right hand down block.

4



4. Moving left leg forward into left walking stance, left hand body punch.

5



5. Moving left leg to the left, turn 90° S into left walking stance, left hand down block.

6



6. Moving right leg forward into right walking stance, right hand body punch.

7



7. Moving left leg forward into left walking stance, left hand body punch.

White Belt Form 1 (Tae Guk Gee Bon Hyung 1)

8



8. Moving right leg forward into right walking stance, right hand body punch (KIHAP).

9



Rear View

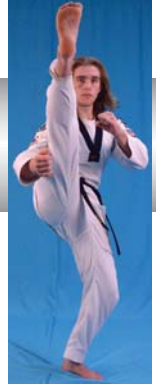


9. Pivoting both feet to the left, turn 180° to N into left fighting stance.

10



Rear View



10. Right leg front kick, landing forward into right fighting stance.

11



Rear View



11. Left leg front kick, landing forward in left fighting stance.

12

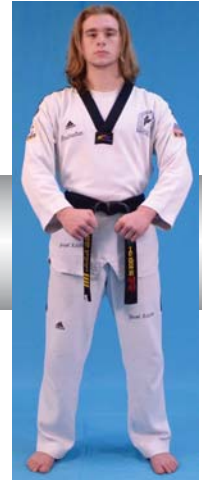


Rear View



12. Moving right leg forward into right walking stance, right hand body punch (KIHAP).

BaRo



Return: Moving left leg to the left, turn 180° to S into ready stance.