

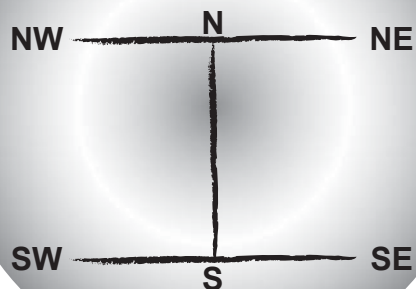
White Belt Form 2 (Tae Guk Gee Bon Hyung 2)

This form is to be practiced by student ages 11 to 17 years old.

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: 20 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.

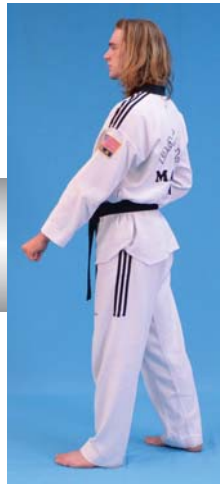
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8



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

9



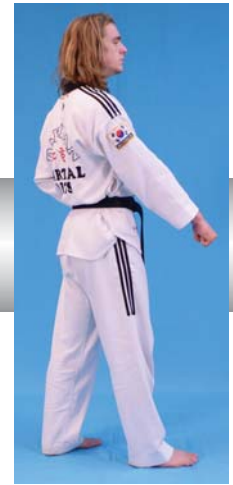
9. Moving left leg to the left, turn 270° SW into left walking stance, left hand down block.

10



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

11



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

12



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

13



Rear View

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

14



Rear View

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

15



Rear View

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

16



Rear View

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

17



17. Moving left leg to the left, turn 270° NE into left walking stance, left hand down block.

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18



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

19



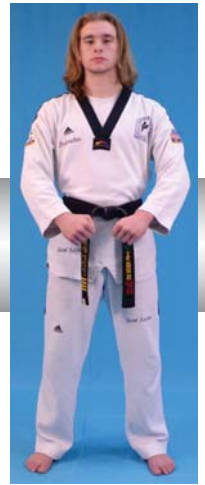
19. Moving right leg to the right, turn 180° NW into right walking stance, right hand down block.

20



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

BaRo



Return: Moving left leg to the left, turn 90° S into ready stance