

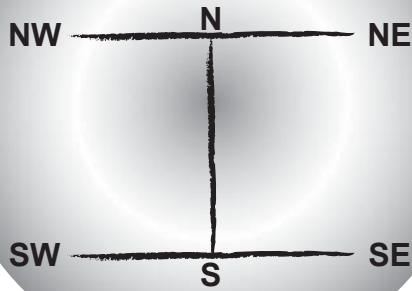
White Belt Form 3 (Tae Guk Gee Bon Hyung 3)

This form is to be practiced by student ages 18 and older.

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



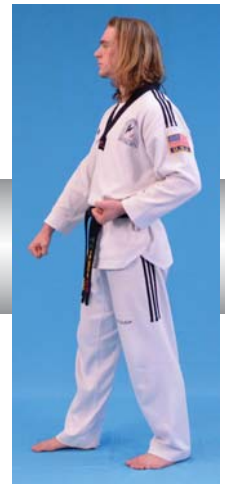
1. Moving left leg to the left, turn 90° NE into left walking stance, left hand down block.

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



9



10



10-1



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

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

10. Right leg front kick, landing forward into right walking stance, right hand body punch.

11



12



12-1



13



Rear View



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

12. Left leg front kick, landing forward into left walking stance, left hand body punch.

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

14



Rear View



15



Rear View



16



Rear View



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

15. Left leg front kick, landing forward into left fighting stance.

16. Right leg front kick, landing forward into right fighting stance (KIHAP).

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17



18



18-1



19



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

18. Right leg front kick, landing forward into right walking stance, right hand body punch.

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

20



20-1



BaRo



20. Left leg front kick, landing forward into left walking stance, left hand body punch.

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