

Forms	<div>(F/L) Front (F) (F/R)</div> <div>(L) Left Right (R)</div> <div>(B/L) Back (B) (B/R)</div>
H-Form II or Tae Gook Yee Don (Orange)	<p>Start in <i>yunbi stance</i>:</p> <p>(90° counterclockwise to L)</p> <ol style="list-style-type: none"> 1) Look (L), slide <u>left</u> leg to <u>right</u> leg, bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>left</u> arm on bottom <ul style="list-style-type: none"> • Slide <u>left</u> leg to a <u>left side kima stance</u>, simultaneously execute a <u>left outward block</u> (blocking a <i>horizontal punch</i> from (L)) 2) Slide <u>right</u> foot to <u>left</u> foot, simultaneously extend <u>left</u> arm at chest level to “aim” <ul style="list-style-type: none"> • Slide <u>right</u> foot to a <u>right forward stance</u>, simultaneously execute a <u>right horizontal punch</u> <p>(180° clockwise to R)</p> <ol style="list-style-type: none"> 3) Look (R), bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>right</u> arm on bottom <ul style="list-style-type: none"> • Slide <u>right</u> leg around behind to a <u>right side kima stance</u> (facing (F)), simultaneously execute a <u>right outward block</u> (blocking a <i>horizontal punch</i> from (R)) 4) Slide <u>left</u> foot to <u>right</u> foot, simultaneously extend <u>right</u> arm at chest level to “aim” <ul style="list-style-type: none"> • Slide <u>left</u> foot to a <u>left forward stance</u>, simultaneously execute a <u>left horizontal punch</u> <p>(90° counterclockwise to F)</p> <ol style="list-style-type: none"> 5) Look (F), bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>left</u> arm on top <ul style="list-style-type: none"> • Slide <u>left</u> foot to a <u>left forward stance</u>, simultaneously execute a <u>left downward block</u> 6) Extend <u>left</u> arm at chest level to “aim” <ul style="list-style-type: none"> • <u>Right front thrust kick</u>, set down in a <u>right forward stance</u> with a simultaneous <u>right horizontal punch</u> 7) <u>Left front thrust kick</u>, set down in a <u>left forward stance</u> with a simultaneous <u>left horizontal punch</u> 8) <u>Right front thrust kick</u>, set down in a <u>right forward stance</u> with a simultaneous <u>right horizontal punch</u>, Kiai <p>(270° counterclockwise to R)</p> <ol style="list-style-type: none"> 9) Turn and look (R), bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>left</u> arm on bottom <ul style="list-style-type: none"> • Bring <u>left</u> foot around behind and pivot to a <u>left side kima stance</u>, simultaneously execute a <u>left outward block</u> (blocking a <i>horizontal punch</i> from (R)) 10) Slide <u>right</u> foot to <u>left</u> foot, simultaneously extend <u>left</u> arm at chest level to “aim” <ul style="list-style-type: none"> • Slide <u>right</u> foot to a <u>right forward stance</u>, simultaneously execute a <u>right horizontal punch</u>

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	<p>(180° clockwise to L)</p> <p>11) Look (L), bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>right</u> arm on bottom</p> <ul style="list-style-type: none"> • Slide <u>right</u> leg around behind to a <u>right side kima stance</u> (facing (B)), simultaneously execute a <u>right outward block</u> (blocking a <i>horizontal punch</i> from (L)) <p>12) Slide <u>left</u> foot to <u>right</u> foot, simultaneously extend <u>right</u> arm at chest level to “aim”</p> <ul style="list-style-type: none"> • Slide <u>left</u> foot to a <u>left forward stance</u>, simultaneously execute a <u>left horizontal punch</u>
	<p>(90° counterclockwise to B)</p> <p>13) Look (B), bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>left</u> arm on top</p> <ul style="list-style-type: none"> • Slide <u>left</u> foot back to a <u>left forward stance</u>, simultaneously execute a <u>left downward block</u> <p>14) Extend <u>left</u> arm at chest level to “aim”</p> <ul style="list-style-type: none"> • <u>Right front thrust kick</u>, set down foot in a <u>right forward stance</u> with a simultaneous <u>right horizontal punch</u> <p>15) <u>Left front thrust kick</u>, set down foot in a <u>left forward stance</u> with a simultaneous <u>left horizontal punch</u></p> <p>16) <u>Right front thrust kick</u>, set down foot in a <u>right forward stance</u> with a simultaneous <u>right horizontal punch</u>, Kiai</p>
	<p>(270° counterclockwise to L)</p> <p>17) Turn to look (L), bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>left</u> arm on bottom</p> <ul style="list-style-type: none"> • Bring <u>left</u> foot around behind and pivot to a <u>left side kima stance</u>, simultaneously execute a <u>left outward block</u> (blocking a <i>horizontal punch</i> from (L)) <p>18) Slide <u>right</u> foot to <u>left</u> foot, simultaneously extend <u>left</u> arm at chest level to “aim”</p> <ul style="list-style-type: none"> • Slide <u>right</u> foot to a <u>right forward stance</u>, simultaneously execute a <u>right horizontal punch</u>
	<p>(180° clockwise to R)</p> <p>19) Look (R), bring arms to double fold (with arms parallel to each other at a 45° angle to floor) across body with <u>right</u> arm on bottom</p> <ul style="list-style-type: none"> • Slide <u>right</u> leg around behind into a <u>right side kima stance</u>, simultaneously execute a <u>right outward block</u> (blocking a <i>horizontal punch</i> from (R)) <p>20) Slide <u>left</u> foot to <u>right</u> foot, simultaneously extend <u>right</u> arm at chest level to “aim”</p> <ul style="list-style-type: none"> • Slide <u>left</u> foot to a <u>left forward stance</u>, simultaneously execute a <u>left horizontal punch</u> <p>Wait...return to <i>yunbi stance</i> when told to do so.</p>