

Forms	(F/L) Front (F) (F/R) (L) Left Right (R) (B/L) Back (B) (B/R)
Koreo I	Start in <i>yunbi stance, chayuit, kiyunyuit</i> , return to <i>yunbi stance</i>
(Blue Belt)	<p>(0° to F)</p> <ol style="list-style-type: none"> Slide <u>left</u> foot to <u>right</u> foot, slide <u>left</u> foot forward to execute a <u>left shuto block</u> <ul style="list-style-type: none"> Slide <u>left</u> foot to a <u>left forward stance</u>, simultaneously execute a <u>right monkey paw</u> to throat, bring <u>left</u> fist to waist Rotate <u>right</u> wrist to grab and pull opponent, simultaneously execute a <u>right rear leg side kick</u> <p>(90° counterclockwise to L)</p> <ul style="list-style-type: none"> Set down into a <i>horse stance</i> and execute a <i>downward X-pressing block</i> <p>(90° clockwise to F)</p> <ol style="list-style-type: none"> Slide <u>right</u> foot back and pivot into a <u>right forward stance</u>, simultaneously execute a <u>right upward block</u>, bring <u>left</u> fist to waist Slide <u>left</u> foot forward to a <u>left forward stance</u> and execute a <u>left horizontal punch</u>, Kiai <p>(180° clockwise to B)</p> <ol style="list-style-type: none"> Slide <u>right</u> foot back and pivot into a <u>right side horse stance</u>, simultaneously bring arms to double fold with <u>right</u> arm on bottom <ul style="list-style-type: none"> Execute a <u>right</u> outward pressing chop block (slowly) <u>Left reverse punch</u> rotating on ball of <u>left</u> foot, simultaneously bring <u>right</u> fist to waist <ul style="list-style-type: none"> “Square up” <u>left</u> arm horizontally at chest height and return to a <u>right side horse stance</u> Slide <u>right</u> foot back and pivot to a <u>right forward stance</u>, grab head (hair) with hands in fists and execute a <u>left knee strike</u> <ul style="list-style-type: none"> Set down in a low <u>left X stance</u> and execute a <i>low X-Pressing block</i> Slide <u>right</u> foot back to a <u>left forward stance</u> and execute a <i>double outward pressing block</i> (slowly) Start Kiai...slide <u>right</u> foot forward to a <u>right side kima stance</u> and execute a <u>right front elbow strike</u> <p>(180° counterclockwise to F)</p> <ul style="list-style-type: none"> Continue movement and pivot to a <u>left cat stance</u> and simultaneously execute a <u>left downward deflecting block</u> (<u>right</u> fist to waist) ...End Kiai <ol style="list-style-type: none"> Slide <u>left</u> foot back to <u>right cat stance</u> with a simultaneous <u>right outside ridge hand strike</u> (<u>left</u> fist to waist) <ul style="list-style-type: none"> Step back with <u>left</u> foot, slide <u>right</u> foot back to a <u>right cat stance</u> with a simultaneous <u>right inward chop strike</u> Step back with <u>left</u> foot, slide <u>right</u> foot back to a <u>right cat stance</u> with a simultaneous <u>right inward chop strike</u> Slide <u>right</u> foot back to a <u>left cat stance</u> with a simultaneous <u>left outside ridge hand strike</u> (<u>right</u> fist to waist) <ul style="list-style-type: none"> Step back with <u>right</u> foot, slide <u>left</u> foot back to a <u>left cat stance</u> with a simultaneous <u>left inward chop strike</u> Step back with <u>right</u> foot, slide <u>left</u> foot back to a <u>left cat stance</u> with a simultaneous <u>left inward chop strike</u>

Forms	(F/L) Front (F) (F/R) (L) Left Right (R) (B/L) Back (B) (B/R)
	<p>(360° clockwise to F)</p> <p>12) Raise <u>left</u> leg and slap with <u>left</u> hand, spin 360° clockwise to <u>right forward stance</u> and simultaneously execute <u>right backfist</u> to side of opponent's head</p> <p>13) Slide <u>left pressing web hand</u> down underside of <u>right</u> arm to opponent's throat</p> <ul style="list-style-type: none"> • Rear leg <u>left front kick</u> to location of <u>left</u> hand, set down into a <u>left forward stance</u> with a simultaneous <u>right reverse punch</u> <p>14) <u>Left jump front kick</u>, <u>left forward stance</u> with a simultaneous <u>left horizontal punch</u>, <u>right reverse punch</u>, Kiai</p> <p><i>Yunbi stance, chayuit, kiyunyuit, and yunbi stance.</i></p>
No-High and Koreo I Combination	<p>Start in <i>yunbi stance, chayuit, kiyunyuit</i>, return to <i>yunbi stance</i></p> <ul style="list-style-type: none"> • Perform No-High until last step (step begins with rear leg <u>right low/high side kick</u>) • Replace last step of No-High with the following: Bring fists to <u>left</u> waist, rear leg <u>right low/high spin kick</u>, <u>left turn kick</u>, set down in <u>left back stance</u> • Begin Koreo (starting with fold for <u>left shuto block</u>) <p><i>Yunbi stance, chayuit, kiyunyuit, and yunbi stance.</i></p>