

Forms	(F/L) Front (F) (F/R) (L) Left Right (R) (B/L) Back (B) (B/R)
No-High	Start in <i>yunbi stance, chayuit, kiyunyuit</i> , return to <i>yunbi stance</i>
(Blue Belt)	<p><b>(0° to F)</b></p> <p>1) Look (F), slide <u>right</u> foot to <u>left</u> foot, simultaneously fold with arms at <u>left</u> side</p> <ul style="list-style-type: none"> <li>Slide <u>right</u> foot to <i>kima stance</i> with a simultaneous <u>right</u> downward deflecting block with <u>left</u> hand mid-chest, palm flat up</li> </ul>
	<p><b>(90° counterclockwise to L)</b></p> <p>2) Look (L), slide <u>left</u> foot to <u>right</u> foot, slide <u>left</u> out out and fold to execute a <u>left</u> <i>shuto block</i></p> <ul style="list-style-type: none"> <li><u>Right</u> reverse punch rotating on ball of <u>right</u> foot, simultaneously bring <u>left</u> fist to waist, “square up” <u>right</u> arm horizontally at chest height and return to <i>kima stance</i></li> </ul>
	<p><b>(135° clockwise to F/R)</b></p> <p>3) Slide <u>left</u> foot to <u>right</u> foot in <i>left cat stance</i> and fold with arms up and at <u>right</u> side</p> <ul style="list-style-type: none"> <li>Step forward with <u>left</u> foot to a downward <u>left</u> X-pressing block in a low X-stance</li> </ul> <p>4) Step back with <u>left</u> foot to a <u>right</u> crane stance, simultaneously execute <u>right</u> downward deflecting block with <u>left</u> palm open above head (use for balance)</p> <ul style="list-style-type: none"> <li>Set down <u>right</u> foot to a <u>right</u> forward stance with a simultaneous <u>right</u> outward chop</li> </ul> <p>5) Slide <u>left</u> foot to a <u>left</u> forward stance with a simultaneous <u>left</u> horizontal punch, <u>right</u> horizontal punch</p>
	<p><b>(90° counterclockwise to F/L)</b></p> <p>6) Step back with <u>left</u> foot to a <u>right</u> crane stance, simultaneously execute <u>right</u> downward deflecting block with <u>left</u> palm open above head (use for balance)</p> <ul style="list-style-type: none"> <li>Set down <u>right</u> foot to <u>right</u> forward stance with a simultaneous <u>right</u> outward chop</li> </ul> <p>7) Slide <u>left</u> foot to <u>left</u> forward stance with a simultaneous <u>left</u> horizontal punch, <u>right</u> horizontal punch</p>

Forms	(F/L) Front (F) (F/R) (L) Left Right (R) (B/L) Back (B) (B/R)
	<p><b>(45° clockwise to F)</b></p> <p>8) High step with <u>right</u> foot to a low <i>kima stance</i>, simultaneously swing <u>right</u> fist around counterclockwise in a big circle to punch straight down between legs (<u>right</u> elbow and <u>right</u> knee should pass in the air), <b>Kiai</b></p> <p>9) Step back with <u>left</u> foot to a <i>right crane stance</i>, simultaneously execute a <i>right downward deflecting block</i> with <u>left</u> palm open above head (use for balance)</p> <ul style="list-style-type: none"> <li>• Set down <u>right</u> foot to a <i>right forward stance</i> with a simultaneous <i>right outward chop</i></li> </ul> <p>10) <i>Left horizontal punch, right horizontal punch</i> (no step)</p> <p>11) Slide <u>right</u> foot back to <u>left</u> foot and snap feet together, simultaneously snap both fists to <u>left</u> waist</p> <ul style="list-style-type: none"> <li>• Slide <u>right</u> foot forward to <i>right side kima stance</i> with a simultaneous <i>right double knuckle punch</i></li> </ul> <p>12) Slide <u>right</u> foot back to <u>left</u> foot and snap feet together, simultaneously snap both fists to <u>right</u> waist</p> <ul style="list-style-type: none"> <li>• Slide <u>left</u> foot forward to <i>left side kima stance</i> with a simultaneous <i>left double knuckle punch</i></li> </ul> <p>13) Slide <u>left</u> foot back to <u>right</u> foot and snap feet together, simultaneously snap both fists to <u>left</u> waist</p> <ul style="list-style-type: none"> <li>• <i>Right inside crescent</i>, set down in <i>right side horse stance</i> with a simultaneous <i>right double knuckle punch</i></li> </ul> <p><b>(360° counterclockwise to F)</b></p> <p>14) Grab opponent's staff with both hands and throw to <b>(L)</b>, jump back 360° counterclockwise for distance</p> <ul style="list-style-type: none"> <li>• Set down and fold to execute a <i>right shuto block</i>, <b>Kiai</b></li> </ul> <p>15) Step back with <u>right</u> foot and fold to execute a <i>left shuto block</i></p> <p>16) Bring fists to <u>left</u> waist, rear leg <i>right low/high side kick</i></p> <ul style="list-style-type: none"> <li>• Set down in <i>right forward stance</i>, grab and pull with <u>right</u> hand simultaneously execute <i>left reverse punch</i>, <b>Kiai</b>, <i>right fighting stance</i></li> </ul> <p>Slide <u>left</u> foot forward...<i>Yunbi stance, chayuit, kiyunyuit, and yunbi stance.</i></p>