

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 III or Tie Gook Sha Don (Gold Belt)	Start in <i>yunbi stance</i> : (90° counterclockwise to L) 1) Look (L), slide <u>left</u> leg back to a <i>right side forward stance</i> , 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"> • Pivot to a <i>left forward stance</i>, simultaneously execute a <i>left downward block</i> 2) Slide <u>right</u> foot to <u>left</u> foot and simultaneously execute a <i>left upward block</i> , execute a <i>left inverted vertical punch</i> <ul style="list-style-type: none"> • Slide <u>right</u> foot forward into a <i>right forward stance</i>, simultaneously execute a <i>right horizontal punch</i>
	(180° clockwise to R) 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 top <ul style="list-style-type: none"> • Bring <u>right</u> leg back and pivot to a <i>right forward stance</i>, simultaneously execute a <i>right downward block</i> 4) Slide <u>left</u> foot to <u>right</u> foot and simultaneously execute a <i>right upward block</i> , execute a <i>right inverted vertical punch</i> <ul style="list-style-type: none"> • Slide <u>left</u> foot forward into a <i>left forward stance</i>, simultaneously execute a <i>left horizontal punch</i>
	(90° counterclockwise to F) 5) Look (F), slide <u>left</u> foot back to <u>right</u> foot and fold to begin a <i>left shuto block</i> (step out to a <i>left back stance</i> , <i>left outside chop</i> at 45° angle, <u>right</u> hand open at mid-chest, palm up) 6) Fold and slide <u>right</u> forward to begin a <i>right shuto block</i> (finish in <i>right back stance</i> , <i>right outside chop</i> at 45° angle, <u>left</u> hand open at mid-chest, palm up) 7) Fold and slide <u>left</u> foot forward to begin a <i>left shuto block</i> (finish in <i>left back stance</i> , <i>left outside chop</i> at 45° angle, <u>right</u> hand open at mid-chest, palm up) 8) Grab with <u>left</u> hand and pull to waist, simultaneously step forward into a <i>right forward stance</i> and execute a <i>right horizontal punch</i> , Kiai
	(270° counterclockwise to R) 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 top <ul style="list-style-type: none"> • Bring <u>left</u> leg around back and pivot to a <i>left forward stance</i>, simultaneously execute a <i>left downward block</i> 10) Slide <u>right</u> foot to <u>left</u> foot and simultaneously execute a <i>left upward block</i> , execute a <i>left inverted vertical punch</i> <ul style="list-style-type: none"> • Slide <u>right</u> foot forward into a <i>right forward stance</i>, simultaneously execute a <i>right horizontal punch</i>
	(180° clockwise to L) 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 top <ul style="list-style-type: none"> • Bring <u>right</u> leg back and pivot to a <i>right forward stance</i>, simultaneously execute a

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	<p><i>right downward block</i></p> <p>12) Bring <u>left</u> foot to <u>right</u> foot and simultaneously execute a <i>right upward block</i>, execute a <i>right inverted vertical punch</i></p> <ul style="list-style-type: none"> • Slide <u>left</u> foot forward into a <i>left forward stance</i>, simultaneously execute a <i>left horizontal punch</i>
	<p>(90° counterclockwise to B)</p> <p>13) Look (B), slide <u>left</u> foot back to <u>right</u> foot and fold to begin a <i>left shuto block</i> (step out to a <i>left back stance</i>, <i>left outside chop</i> at 45° angle, <u>right</u> hand open at mid-chest, palm up)</p> <p>14) Fold and slide <u>right</u> foot forward to begin a <i>right shuto block</i> (finish in <i>right back stance</i>, <i>right outside chop</i> at 45° angle, <u>left</u> hand open at mid-chest, palm up)</p> <p>15) Fold and slide <u>left</u> foot forward to begin a <i>left shuto block</i> (finish in <i>left back stance</i>, <i>left outside chop</i> at 45° angle, <u>right</u> hand open at mid-chest, palm up)</p> <p>16) Grab with <u>left</u> hand and pull to waist, simultaneously step forward into a <i>right forward stance</i> and execute a <i>right horizontal punch</i>, 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 top</p> <ul style="list-style-type: none"> • Bring <u>left</u> leg around back and pivot to a <i>left forward stance</i>, simultaneously execute a <i>left downward block</i> <p>18) Slide <u>right</u> foot to <u>left</u> foot and simultaneously execute a <i>left upward block</i>, execute a <i>left inverted vertical punch</i></p> <ul style="list-style-type: none"> • Slide <u>right</u> foot forward into a <i>right forward stance</i>, simultaneously execute a <i>right horizontal punch</i>
	<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 top</p> <ul style="list-style-type: none"> • Bring <u>right</u> leg back and pivot to a <i>right forward stance</i>, simultaneously execute a <i>right downward block</i> <p>20) Slide <u>left</u> foot to <u>right</u> foot and simultaneously execute a <i>right upward block</i>, execute a <i>right inverted vertical punch</i></p> <ul style="list-style-type: none"> • Slide <u>left</u> foot forward to a <i>left forward stance</i>, simultaneously execute a <i>left horizontal punch</i> <p>Wait...return to <i>yunbi stance</i> when told to do so.</p>