

Updated 10/08	<div>(F/L) Front (F) (F/R)</div> <div>(L) Left Right (R)</div> <div>(B/L) Back (B) (B/R)</div>
H-Form IV	Start in <i>yunbi stance, chayuit, kiyunyuit</i> , return to <i>yunbi stance</i>
Tie Gook Sah Don (Orange)	<p>(90° counterclockwise to L)</p> <ol style="list-style-type: none"> 1) Look (L), slide <u>left</u> foot to <u>right</u> foot, fold to begin <u>left shuto block</u> (step out in <u>left back stance</u>, <u>left outside chop</u> at 45° angle, <u>right</u> hand mid-chest, palm flat up) <ul style="list-style-type: none"> • Slide <u>left</u> foot out to a <u>left forward stance</u>, grab with <u>left</u> hand and pull to waist, simultaneously execute a <u>right</u> punch to groin 2) Slide <u>right</u> foot to <u>left</u> foot, feet together with knees bent, <u>left horizontal punch</u> to head, <u>right</u> fist returns to waist <ul style="list-style-type: none"> • Pivot to face (F), <u>left side kick</u> to opponent's chest at (L), set down in <u>left fighting stance</u> <p>(180° clockwise to R)</p> <ol style="list-style-type: none"> 3) Look (R), slide <u>left</u> foot to <u>right</u> foot, fold to begin <u>right shuto block</u> (step out in <u>right back stance</u>, <u>right outside chop</u> at 45° angle, <u>left</u> hand mid-chest, palm flat up) <ul style="list-style-type: none"> • Slide <u>right</u> foot out to a <u>right forward stance</u>, grab with <u>right</u> hand and pull to waist, simultaneously execute a <u>left</u> punch to groin 4) Slide <u>left</u> foot to <u>right</u> foot, feet together with knees bent, <u>right horizontal punch</u> to head, <u>left</u> fist returns to waist <ul style="list-style-type: none"> • Pivot to face (F), <u>right side kick</u> to opponent's chest at (R), set down in <u>right fighting stance</u> <p>(90° counterclockwise to F)</p> <ol style="list-style-type: none"> 5) Look (F), slide <u>right</u> foot to <u>left</u> foot and bring arms to double fold (with arms parallel to each other at a 45° angle parallel 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 forward stance</u>, <u>left outward block</u> (<u>right</u> fist to waist), <u>right horizontal punch</u> to chest (<u>left</u> fist to waist) 6) <u>Right rear leg spin kick</u>, <u>right forward stance</u>, <u>right outward block</u> (<u>left</u> fist to waist), <u>left horizontal punch</u> to chest (<u>right</u> fist to waist) 7) <u>Left rear leg spin kick</u>, <u>left forward stance</u>, <u>left outward block</u>, (<u>right</u> fist to waist), <u>right horizontal punch</u> to chest, (<u>left</u> fist to waist) 8) <u>Right rear leg spin kick</u>, <u>right forward stance</u>, <u>right outward block</u> (<u>left</u> fist to waist), <u>left horizontal punch</u> to chest (<u>left</u> fist to waist), Kiai <p>(270° counterclockwise to R)</p> <ol style="list-style-type: none"> 9) Look (F/L), bring hands to fold at <u>right</u> waist, block upward with crossed palms (called a <u>palm block</u>) <ul style="list-style-type: none"> • Fold to begin a <u>left shuto block</u>, bring <u>left</u> foot around behind to turn 270° and complete the <u>left shuto block</u> (finish in a <u>left back stance</u>, <u>left outside chop</u> at 45° angle, <u>right</u> hand mid-chest, palm flat up) • Slide <u>left</u> foot out to a <u>left forward stance</u>, grab with <u>left</u> hand and pull to waist, simultaneously execute a <u>right</u> punch to groin 10) Slide <u>right</u> foot up, feet together with knees bent, <u>left horizontal punch</u> to head, <u>right</u> fist returns to waist <ul style="list-style-type: none"> • Pivot to face (B), <u>left side kick</u> to opponent's chest at (R), set down in <u>left fighting stance</u>

Updated 10/08	<p>(F/L) Front (F) (F/R) (L) Left Right (R) (B/L) Back (B) (B/R)</p>
	<p>(180° clockwise to L)</p> <p>11) Look (L), slide <u>left</u> foot to <u>right</u> foot, fold to begin <u>right shuto block</u> (step out in <u>right back stance</u>, <u>right outside chop</u> at 45° angle, <u>left</u> hand mid-chest, palm flat up)</p> <ul style="list-style-type: none"> • Slide <u>right</u> foot out to a <u>right forward stance</u>, grab with <u>right</u> hand and pull to waist, simultaneously execute a <u>left</u> punch to groin <p>12) Slide <u>left</u> foot to <u>right</u> foot, feet together with knees bent, <u>right horizontal punch</u> to head, <u>left</u> fist returns to waist</p> <ul style="list-style-type: none"> • Pivot to face (B), <u>right side kick</u> to opponent's chest at (L), set down in <u>right fighting stance</u>
	<p>(90° counterclockwise to B)</p> <p>13) Look (B), slide <u>right</u> foot to <u>left</u> foot and bring arms to a double fold (with arms parallel to each other at a 45° angle parallel to floor) across body with <u>left</u> arm on bottom</p> <ul style="list-style-type: none"> • Slide <u>left</u> leg to <u>left forward stance</u>, <u>left outward block</u> (<u>right</u> fist to waist), <u>right horizontal punch</u> to chest (<u>left</u> fist to waist) <p>14) <u>Right rear leg spin kick</u>, <u>right forward stance</u>, <u>right outward block</u> (<u>left</u> fist to waist), <u>left horizontal punch</u> to chest (<u>right</u> fist to waist)</p> <p>15) <u>Left rear leg spin kick</u>, <u>left forward stance</u>, <u>left outward block</u> (<u>right</u> fist to waist), <u>right horizontal punch</u> to chest (<u>left</u> fist to waist)</p> <p>16) <u>Right rear leg spin kick</u>, <u>right forward stance</u>, <u>right outward block</u> (<u>left</u> fist to waist), <u>left horizontal punch</u> to chest (<u>left</u> fist to waist), Kiai</p>
	<p>(270° counterclockwise to L)</p> <p>17) Look (B/R), bring hands to fold at <u>right</u> waist, block upward with crossed palms (called a <u>palm block</u>)</p> <ul style="list-style-type: none"> • Fold to begin <u>left shuto block</u>, bring <u>left</u> foot around behind to turn 270° and complete the <u>left shuto block</u> (finish in a <u>left back stance</u>, <u>left outside chop</u> at 45° angle, <u>right</u> hand mid-chest, palm flat up) • Slide <u>left</u> foot out to a <u>left forward stance</u>, grab with <u>left</u> hand and pull to waist, simultaneously execute a <u>right</u> punch to groin <p>18) Slide <u>right</u> foot up, feet together with knees bent, <u>left horizontal punch</u> to head, <u>right</u> fist returns to waist</p> <ul style="list-style-type: none"> • Pivot to face (F), <u>left side kick</u> to opponent's chest at (L), set down in <u>left fighting stance</u>
	<p>(180° clockwise to R)</p> <p>19) Look (R), slide <u>left</u> foot to <u>right</u> foot, fold to begin <u>right shuto block</u> (step out in <u>right back stance</u>, <u>right outside chop</u> at 45° angle, <u>left</u> hand mid-chest, palm flat up)</p> <ul style="list-style-type: none"> • Slide <u>right</u> foot out to a <u>right forward stance</u>, grab with <u>right</u> hand and pull to waist, simultaneously execute a <u>left</u> punch to groin <p>20) Slide <u>left</u> foot to <u>right</u> foot, feet together with knees bent, <u>right horizontal punch</u> to head, <u>left</u> fist returns to waist</p> <ul style="list-style-type: none"> • Pivot to face (F), <u>right side kick</u> to opponent's chest at (R), set down in <u>right fighting stance</u> <p><i>Yunbi stance, chayuit, kiyunyuit, and yunbi stance.</i></p>