

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 I or Tie Gook Cho Don (Yellow Belt)	<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 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 extend <u>left</u> arm at chest level to “aim” <ul style="list-style-type: none"> • Slide <u>right</u> foot to a <i>right forward stance</i>, simultaneously execute a <i>right horizontal punch</i> <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 top <ul style="list-style-type: none"> • Bring <u>right</u> leg back around 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 extend <u>right</u> arm at chest level to “aim” <ul style="list-style-type: none"> • Slide <u>left</u> foot to a <i>left forward stance</i>, simultaneously execute a <i>left horizontal punch</i> <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 back and pivot to a <i>left forward stance</i>, simultaneously execute a <i>left downward block</i> 6) Slide <u>right</u> foot to <u>left</u> foot and extend <u>left</u> arm at chest level to “aim” <ul style="list-style-type: none"> • Slide <u>right</u> foot to a <i>right forward stance</i>, simultaneously execute a <i>right horizontal punch</i> 7) Slide <u>left</u> foot to <u>right</u> foot, slide <u>left</u> foot to a <i>left forward stance</i> and simultaneously execute a <i>left horizontal punch</i> 8) Slide <u>right</u> foot to <u>left</u> foot, slide <u>right</u> foot to a <i>right forward stance</i> and simultaneously execute a <i>right horizontal punch</i>, Kiai <p>(270° counterclockwise to R)</p> <ol style="list-style-type: none"> 9) Turn to 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 counterclockwise around behind 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 extend <u>left</u> arm at chest level to “aim” <ul style="list-style-type: none"> • Slide <u>right</u> foot to a <i>right forward stance</i>, simultaneously execute a <i>right horizontal punch</i>

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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 top</p> <ul style="list-style-type: none"> • Bring <u>right</u> leg back and pivot to a <u>right forward stance</u>, simultaneously execute a <u>right downward block</u> <p>12) Slide <u>left</u> foot to <u>right</u> foot and 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 and pivot to a <u>left forward stance</u>, simultaneously execute a <u>left downward block</u> <p>14) Slide <u>right</u> foot to <u>left</u> foot and 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>15) Slide <u>left</u> foot to <u>right</u> foot, slide <u>left</u> foot to a <u>left forward stance</u> and simultaneously execute a <u>left horizontal punch</u></p> <p>16) Slide <u>right</u> foot to <u>left</u> foot, slide <u>right</u> foot to a <u>right forward stance</u> and simultaneously execute a <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 top</p> <ul style="list-style-type: none"> • Bring <u>left</u> leg counterclockwise around behind and pivot to a <u>left forward stance</u>, simultaneously execute a <u>left downward block</u> <p>18) Slide <u>right</u> foot to <u>left</u> foot and 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 top</p> <ul style="list-style-type: none"> • Bring <u>right</u> leg back and pivot to a <u>right forward stance</u>, simultaneously execute a <u>right downward block</u> <p>20) Slide <u>left</u> foot to <u>right</u> foot and 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>