



*Forms Manual*

## FORMS TIPS

- When performing a front kick, fists always come up to protect the head.
- When performing a side kick, the arm always straightens with the kick in a side block.
- Always keep your fingers tight and thumb in.
- Always look before you go.
- When performing outside-in or inside-out blocks, the lead hand always moves past the nose.
- When performing middle guarding, the lead hand should be at eye level, acting as your “sights”.

Forms are not a dance, but a battle with an invisible opponent. Every move should be fierce and precise, not flowing. Using proper breathing technique is necessary for powerful forms.

**Use proper breathing technique.** When preparing for a move, take a breath into your abdomen and as you deliver your technique simultaneously breathe out. At the moment of impact there should be no air left in your body. Every single movement that you execute should be combined with an expulsion of air through the nose. When you prepare a technique, you breathe into your abdomen forcing this area to rise but your chest and shoulders to remain motionless and then when executing a technique you quickly force the air out of the abdomen by contracting your muscles. This generates maximum speed and therefore maximum power into the technique.

### Unique Techniques in Upper Belt Forms

#### **Form 4:**

#### Kunamake



#### **Form 5:**

Scissor block: Right arm is up, left arm is in down low guarding, closed fist. Circle the right hand to the left until arm is straight in down low guarding, closed fist. Simultaneously, circle left hand to the right into a left inside out block.

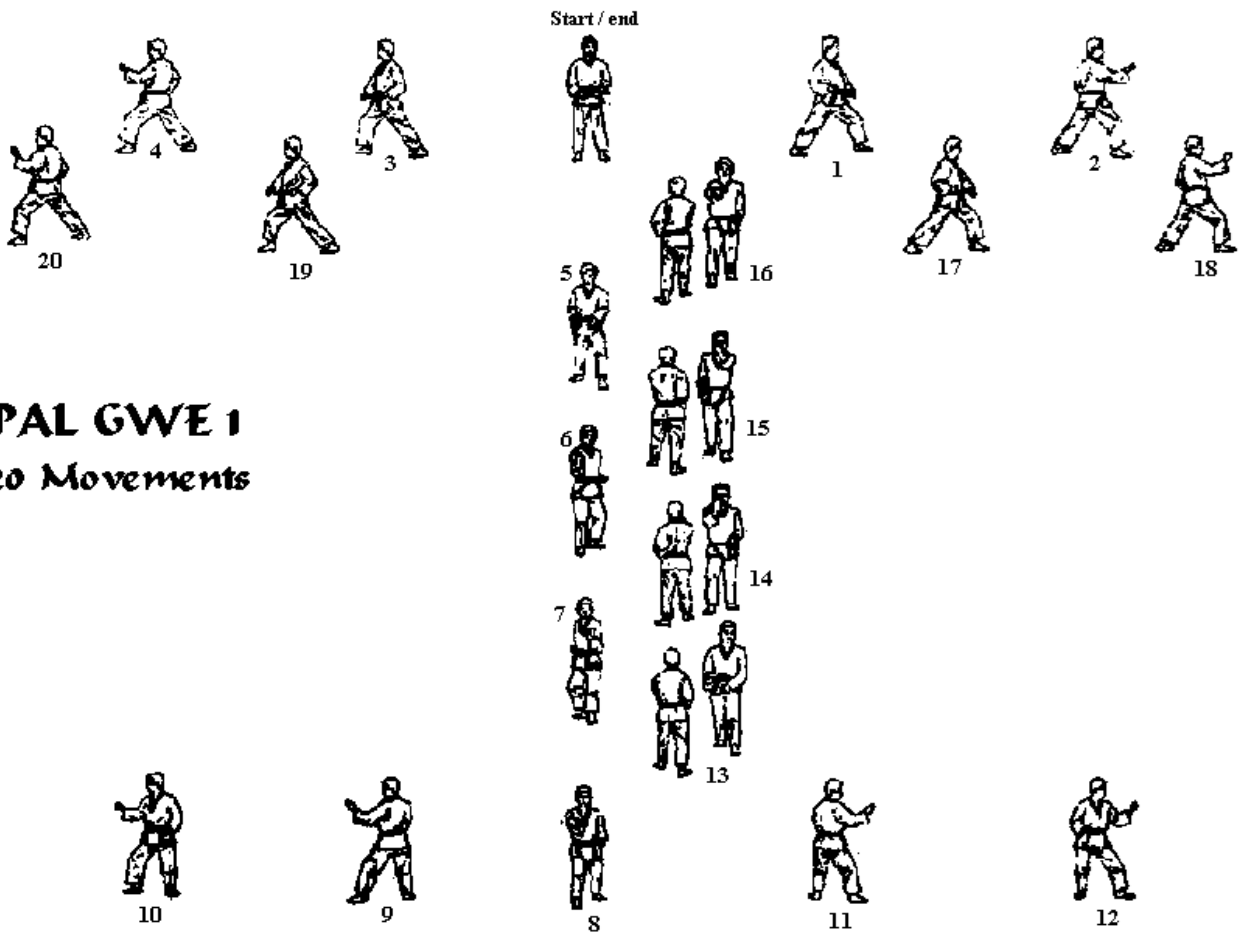
#### **Form 9:**

Knee break: hands propel from waist - right arm bends across body with right hand beneath left elbow. Left arm extends (pushes) into down low palm strike position, fingers open and tight together, pushing down with palm.

**Form 10:**  
Crane Stance:



# Form 1



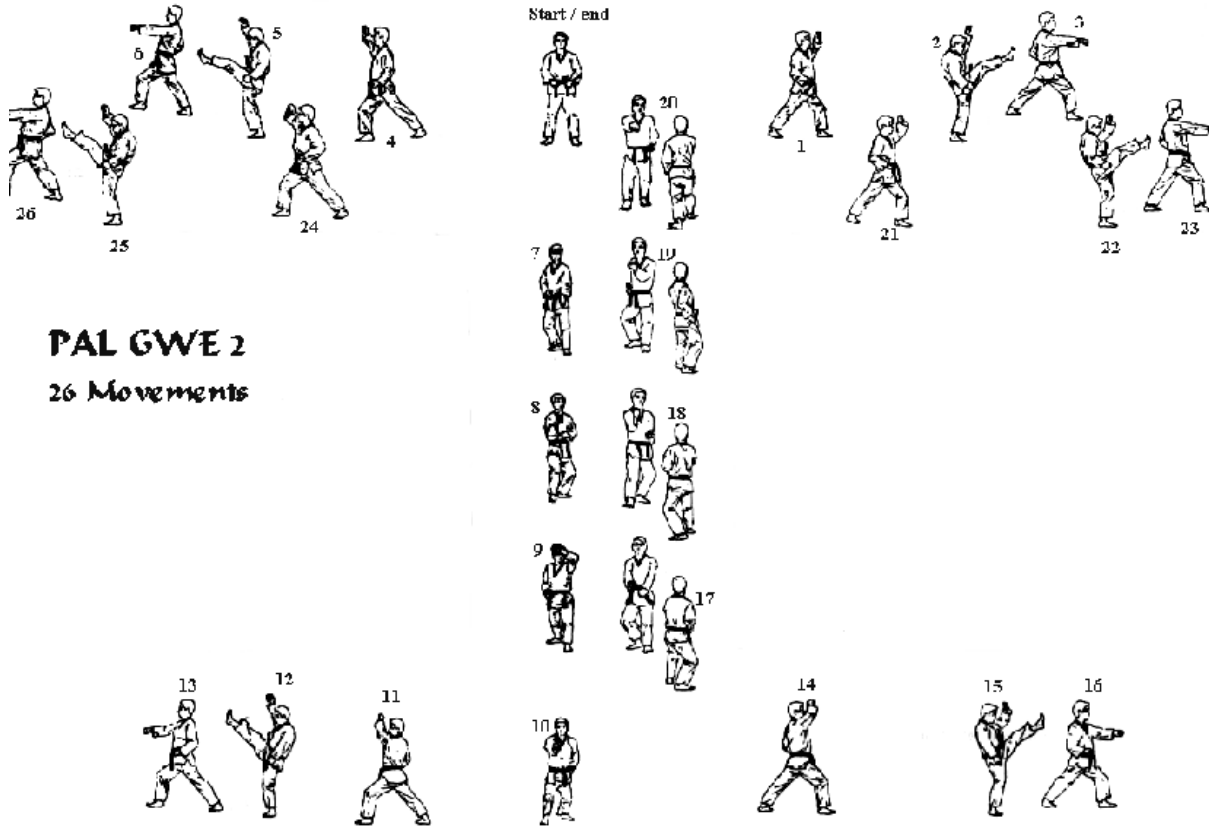
## PAL GWE 1 20 Movements

Ready Stance (step out with the left leg to feet shoulder width apart, both hands fisted and down in front of belt, kihap).

1. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with a left down low block.
2. Step forward with right foot into "L" stance with a right outside in block.
3. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with a right down low block.
4. Step forward into "L" stance with a left outside in block.
5. Look over left shoulder (to front of classroom). Step to the left (90 degrees with left foot) into forward walking stance with a left down low block.

- 6. Step forward into “L” stance with a right outside in block.**
- 7. (Remaining in “L” stance) step forward with a left outside in block.**
- 8. Step forward into forward walking stance, grab with the left hand and punch with the right hand. Kihap on the punch.**
- 9. Look over left shoulder. Step to the left (270 degrees with left foot) into “L” stance, middle guarding (with left hand forward).**
- 10. Step forward into “L” stance with a right outside in block.**
- 11. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance, middle guarding (with right hand forward).**
- 12. Step forward with left foot into “L” stance with a left outside in block.**
- 13. Look over left shoulder (to the back of classroom). Step to the left (90 degrees with left foot) into forward walking stance with a left down low block.**
- 14. Step forward into forward walking stance with a right striking knife.**
- 15. (Remaining in forward walking stance) step forward with a left striking knife.**
- 16. (Remaining in forward walking stance) step forward, grab with the left hand and punch with the right hand. Kihap on the punch.**
- 17. Look over left shoulder. Step to the left (270 degrees with left foot) into forward walking stance with a left down low block.**
- 18. Step forward into “L” stance with a right outside in block.**
- 19. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with a right down low block.**
- 20. Step forward into “L” stance with a left outside in block.**
- 21. Face front, return to ready stance. Bow.**

# Form 2



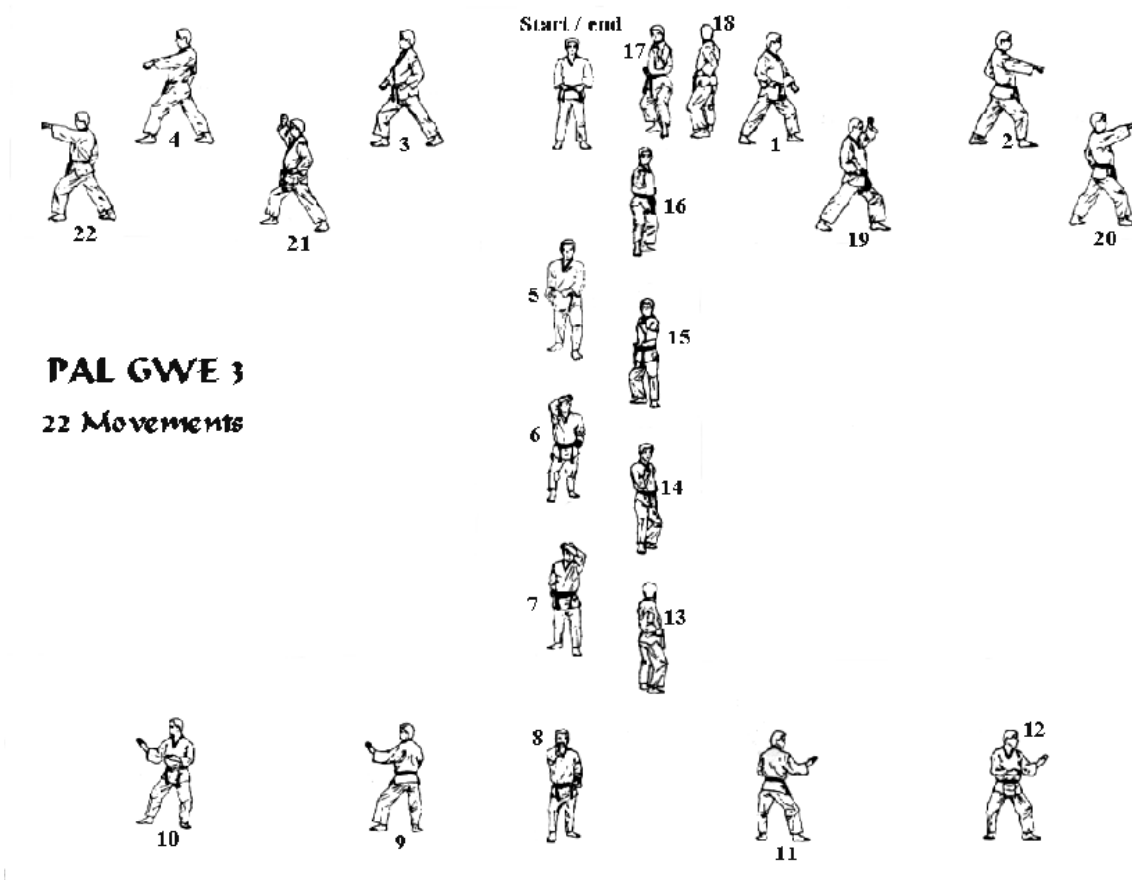
## PAL GWE 2 26 Movements

### Ready Stance.

1. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with a left rising block.
2. (Bring fists up to protect the head) right front kick and land in forward walking stance.
3. Grab with the left hand and punch with the right hand.
4. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with a right rising block.
5. (Bring fists up to protect the head) left front kick and land in forward walking stance.
6. Grab with the right hand and punch with the left hand.
7. Look over left shoulder (to the front of classroom). Step to the left (90 degrees with left foot) into "L" stance, down low guarding (with left hand forward).

- 8. (Remaining in “L” stance) step forward, middle guarding (with right hand forward).**
  - 9. Step forward into forward walking stance with a left rising block.**
  - 10. (Remaining in forward walking stance) step forward, grab with the left hand and punch with the right hand. Kihap on the punch.**
  - 11. Look over left shoulder. Step to the left (270 degrees with left foot) into forward walking stance with a left rising block.**
  - 12. (Bring fists up to protect the head) right front kick and land in forward walking stance.**
  - 13. Grab with the left hand and punch with the right hand.**
  - 14. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with a right rising block.**
  - 15. (Bring fists up to protect the head) left front kick and land in forward walking stance.**
  - 16. Grab with the right hand and punch with the left hand.**
  - 17. Look over left shoulder (to the back of classroom). Step to the left (90 degrees with left foot) into “L” stance with down low guarding closed fist (left hand forward).**
  - 18. Step forward into forward walking stance, double punch (left fist to the abdomen and right fist the throat/face).**
  - 19. Step forward into “L” stance with a left outside in block.**
  - 20. Step forward into forward walking stance, grab with the left hand and punch with the right hand. Kihap on the punch.**
  - 21. Look over left shoulder. Step to the left (270 degrees with left foot) into forward walking stance with a left rising block.**
  - 22. (Bring fists up to protect the head) right front kick and land in forward walking stance.**
  - 23. Grab with the left hand and punch with the right hand.**
  - 24. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with a right rising block.**
  - 25. (Bring fists up to protect the head) left front kick and land in forward walking stance.**
  - 26. Grab with the right hand and punch with the left hand.**
- Face front, return to ready stance. Bow.**

# Form 3



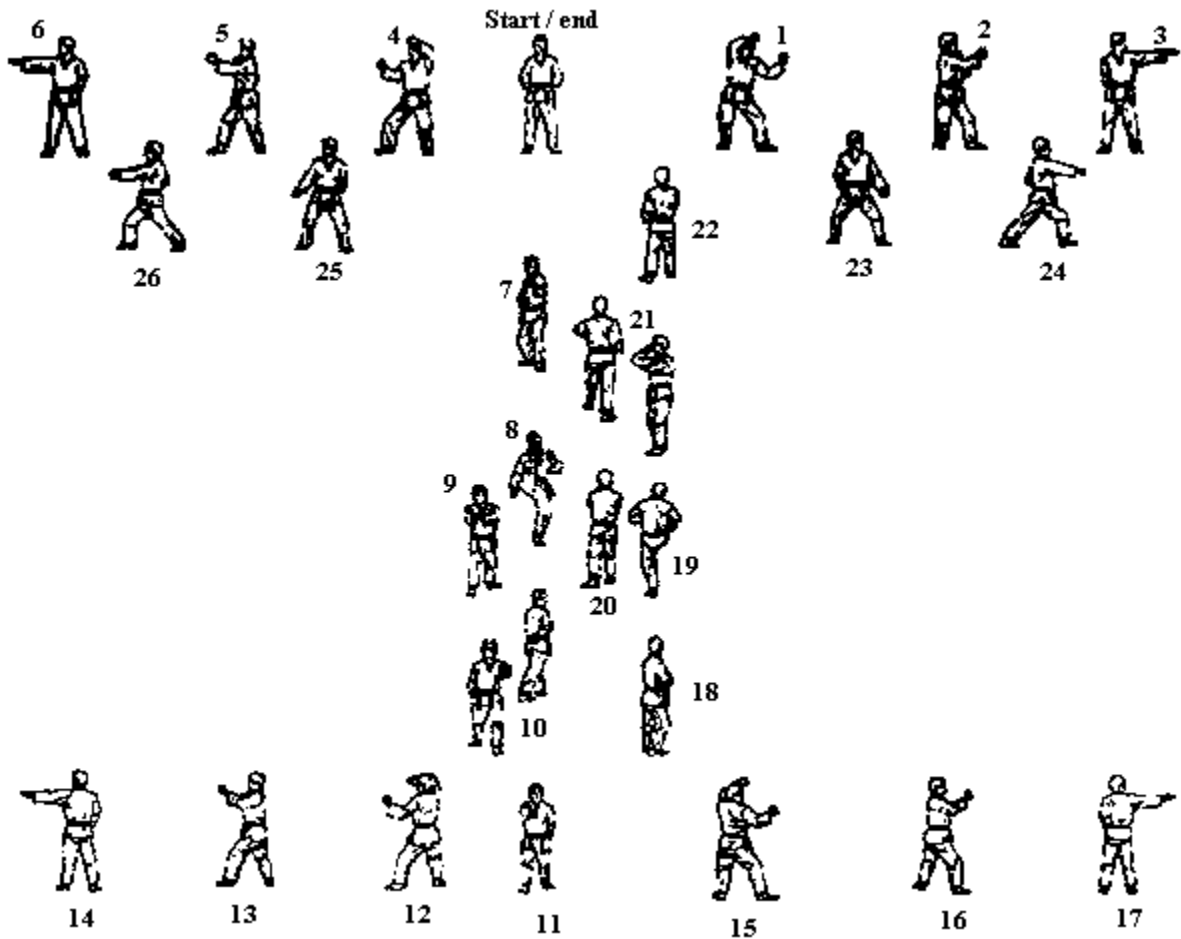
## Ready Stance.

1. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with a left down low block.
2. Step forward into forward walking stance, grab with left hand and punch with the right hand.
3. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with a right down low block.
4. (Remaining in forward walking stance) step forward, grab with the right hand and punch with the left hand.
5. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with a left down low block.
6. (Remaining in forward walking stance) step forward with a right rising block.
7. Step forward into forward walking stance with a left rising block.



- 8. Step forward into forward walking stance, grab with the left hand and punch with the right hand. Kihap on the punch.**
  - 9. Look over left shoulder. Step to the left (270 degrees with left foot) into “L” stance, middle guarding (with left hand forward).**
  - 10. Step forward into “L” stance, middle guarding (with right hand forward).**
  - 11. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance, middle guarding (with right hand forward).**
  - 12. Step forward into “L” stance, middle guarding (with left hand forward).**
  - 13. Look over left shoulder (toward back of class). Step to the left (90 degrees with left foot) into “L” stance with a left inside out block.**
  - 14. Look over right shoulder (toward front of class) and simultaneously switch to left “L” stance (left foot back) with a right inside out block.**
  - 15. (Remaining in “L” stance) step backward with right foot (toward back of class and facing front of class) with a left outside in block.**
  - 16. Step backward into “L” stance with a right outside in block.**
  - 17. Look over left shoulder (toward back of class) and simultaneously switch to right “L” stance (right foot back) with a left inside out block.**
  - 18. (Remaining in “L” stance) step forward with a right outside in block.**
  - 19. Look over left shoulder. Step to the left (270 degrees with left foot) into forward walking stance with a left rising block.**
  - 20. Step forward into forward walking stance with a right face punch.**
  - 21. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with a right rising block.**
  - 22. Step forward into forward walking stance with a left face punch. Kihap on the punch.**
- Face front, return to ready stance. Bow.**

# Form 4



Start in Ready Stance

1. Look over left shoulder. Step out with the left foot into horse riding stance, kunamake (diamond body block).



Kunamake:

2. (Pause for a count of three) pull left fist to chest, pivot to left (90 degrees), right uppercut.

- 3. Slide left foot back into ready stance, left knife-hand strike (right fist at waist).**
- 4. Look over right shoulder, step out with the right foot into horse riding stance, kunamake.**
- 5. (Pause for a count of three) pull right fist to chest, pivot to the right (90 degrees), left uppercut.**
- 6. Slide right foot back into ready stance, right knife-hand strike (left fist at waist).**
- 7. Look to front of room. Step forward with left foot into "L" stance, middle guarding (with left hand forward).**
- 8. (Bring fists up to protect the head) right front kick, and land in forward walking stance.**
- 9. Right thrusting knife (right hand with fingers extended - thumb on top, pinkie finger on bottom - left hand propped beneath right elbow, fingers extended, palm down).**
- 10. Keeping left hand beneath right elbow, straighten right arm and twist right hand down to the right until palm faces right hand wall. Look over left shoulder. Pivot to the left (360 degrees with left foot, right foot stays planted) into forward walking stance, left hammer fist.**
- 11. Step forward into forward walking stance, grab with left hand and punch with right hand. Kihap on punch.**
- 12. Look over left shoulder. Step to the left (270 degrees with left foot) into horse riding stance, kunamake.**
- 13. (Pause for a count of three) pull left hand to chest, pivot to left (90 degrees), right uppercut.**
- 14. Slide left foot back into ready stance, left knife-hand strike (right fist at waist).**
- 15. Look to the right, step with the right foot into horse riding stance, kunamake.**
- 16. (Pause for a count of three) pull right hand to chest, pivot to the right (90 degrees), left uppercut.**
- 17. Slide right foot back into ready stance, right knife-hand strike (left fist at waist).**
- 18. Look forward (to back of room). Step forward with left foot into "L" stance, middle guarding (with left hand forward).**
- 19. (Bring fists up to protect the head) right front kick and land in forward walking stance.**
- 20. Right thrusting knife (right hand with fingers extended - thumb on top, pinkie finger on bottom - left hand propped beneath right elbow, fingers extended, palm down).**

**21. Keeping left hand beneath right elbow, lift right forearm to a 90 degree angle and twist right hand to the right until palm faces right hand wall. Look over left shoulder. Pivot to the left (360 degrees with left foot, right foot stays planted) into forward walking stance, left spinning backfist.**

**22. Step forward into forward walking stance, grab with left hand and punch with right hand. Kihap on the punch.**

**23. Look over left shoulder. Spin to the left (270 degrees with lifted left foot), left shin scrape and left side block in horse riding stance.**

**24. Slide left into forward walking stance (90 degrees with left foot), grab with left hand and punch with the right hand.**

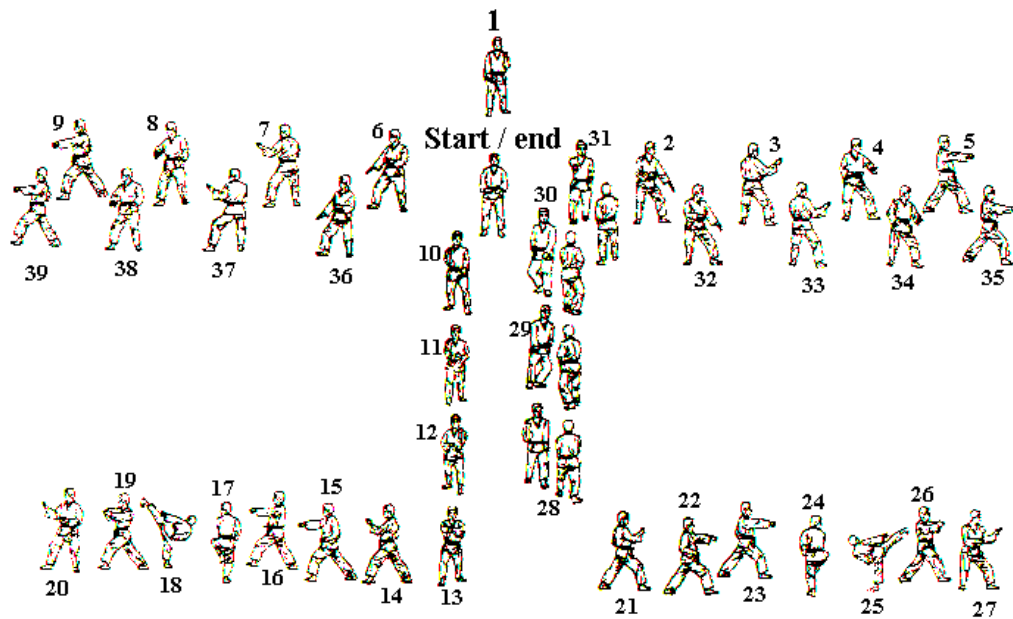
**25. Look over right shoulder. Step to the right (180 degrees with lifted right foot), right shin scrape and right side block in horse riding stance.**

**26. Slide right into forward walking stance (90 degrees with right foot), grab with right hand and punch with left hand.**

**Face front, return to ready stance. Bow.**

# Form 5

## PAL GWE 5 39 Movements



Ready stance.

1. (Facing front of room) step back with left foot into forward walking stance, right arm up, left arm down, scissor block.

**Scissor block:** Right arm is up, left arm is in down low guarding, closed fist. Circle the right hand to the left until arm is straight in down low guarding, closed fist. Simultaneously, circle left hand to the right into a left inside out block.

2. Look over left shoulder. Step to the left (90 degrees with left foot) into “L” stance with a left down low guarding (left hand forward).

3. (Remaining in “L” stance) step forward with a middle guarding (right hand forward).

4 - 5. Step back with right foot into forward walking stance, left palm parry, quickly step forward into forward walking stance, grab with left hand and punch with right hand.

6. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance with right down low guarding (right hand forward).

7. (Remaining in “L” stance) step forward with a left middle guarding (left hand forward).

**8 - 9. Step back with left foot into forward walking stance, right palm parry, quickly step forward into forward walking stance, grab with right hand and punch with left hand.**

**10. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with a left scissor block (start with left hand up, right hand down and end with left down low guarding, closed fist and right inside out block).**

**11. Step forward into forward walking stance with a double punch (right hand to head, left hand to stomach).**

**12. Step forward into forward walking stance, double punch (left hand to head, right hand to stomach).**

**13. Step forward into forward walking stance, right thrusting knife hand. Kihap.**

**14. Look over left shoulder. Step left (270 degrees with left foot) into “L” stance with left inside out block.**

**15 - 16. Slide left (90 degrees with left foot) into forward walking stance, right punch, left punch.**

**17 - 18. Stack fists on right hip (left fist on top), left side kick (with left arm side block), and land in forward walking stance.**

**19. Extend left hand forward (open hand and keep fingers tight). Right elbow strike to left palm.**

**20. Step forward into “L” stance, right middle guarding (with right hand forward).**

**21. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance with right inside out block.**

**22 - 23. Slide right (90 degrees with right foot) into forward walking stance, left punch, right punch.**

**24 - 25. Stack fists on left hip (right fist on top), right side kick (with right arm side block), and land in forward walking stance.**

**26. Extend right hand forward (open hand keep fingers tight). Left elbow strike to right palm.**

**27. Step forward into “L” stance with left middle guarding (left hand forward).**

**28. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with left scissor block (start with left hand up, right hand down and end with left down low guarding, closed fist and right inside out block).**

**29. Step forward into forward walking stance with a right side block.**

**30. (Remaining in forward walking stance) step forward with a left side block.**

**31. Step forward into forward walking stance, grab with left hand and punch with right hand. Kihap on punch.**

**32. Look over left shoulder. Step to the left (270 degrees with left foot) into “L” stance with left down low guarding (left hand forward).**

**33. Remaining in “L” stance, step forward with a right middle guarding (right hand forward).**

**34 - 35. Step back with right foot into forward walking stance, left palm parry, quickly step forward into forward walking stance, grab with left hand and punch with right hand.**

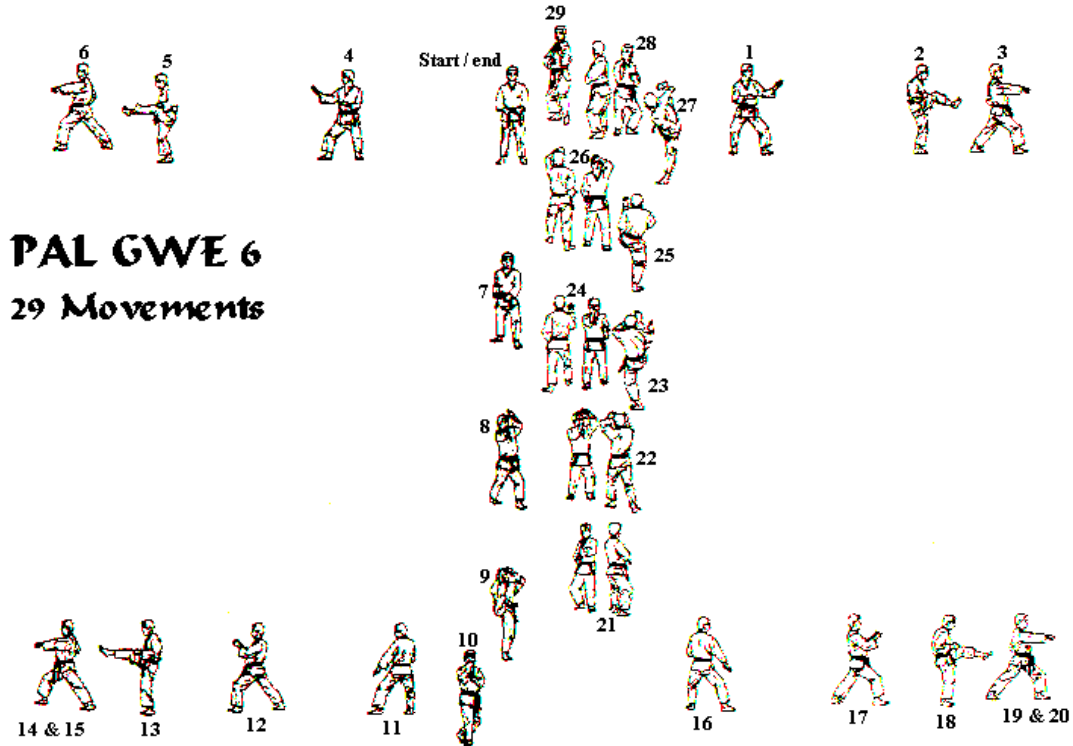
**36. Look over right shoulder, step 180 degrees with right foot into “L” stance, down low guarding.**

**37. Step forward with left foot into “L” stance, middle guarding.**

**38 - 39. Step back with left foot into forward walking stance, right palm parry, quickly step forward into forward walking stance, grab with right hand and punch with left hand.**

**Face front, return to ready stance. Bow.**

# Form 6



## PAL GWE 6 29 Movements

Ready stance.

1. Look over left shoulder. Step to the left (90 degrees with left foot) into “L” stance, left middle guarding.
2. Right front kick and drop into forward walking stance.
3. Grab with the left hand and punch with the right hand.
4. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance, right middle guarding.
5. Left front kick and drop into forward walking stance.
6. Grab with right hand and punch with left hand.
7. Look over left shoulder. Step to the left (90 degrees with left foot) into “L” stance, left middle guarding.



**8. Slide left foot out into forward walking stance with left open palm rising block and simultaneous right striking knife.**

**9. Right front kick, hop onto right foot.**

**10. Left foot crosses behind right foot with right back fist. Kihap on back fist.**

**11. Look over left shoulder. Step to the left (270 degrees with left foot) into “L” stance with left down low guarding.**

**12. Slide left foot into forward walking stance with wedge block.**

**13. Right front kick and land in forward walking stance.**

**14 - 15. Left punch, right punch.**

**16. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance with right down low guarding.**

**17. Slide right foot into forward walking stance with wedge block.**

**18. Left front kick and land in forward walking stance.**

**19 – 20. Right punch, left punch.**

**21. Look over left shoulder. Step to the left (90 degrees with left foot) into “L” stance with left middle guarding.**

**22. Slide left foot into walking stance with left open palm rising block and right choke.**

**23. Right chin kick and land in forward walking stance.**

**24. Right back fist with kihap.**

**25. Left chin kick and land in forward walking stance.**

**26. Left rising block.**

**27. Right face side kick and land in “L” stance.**

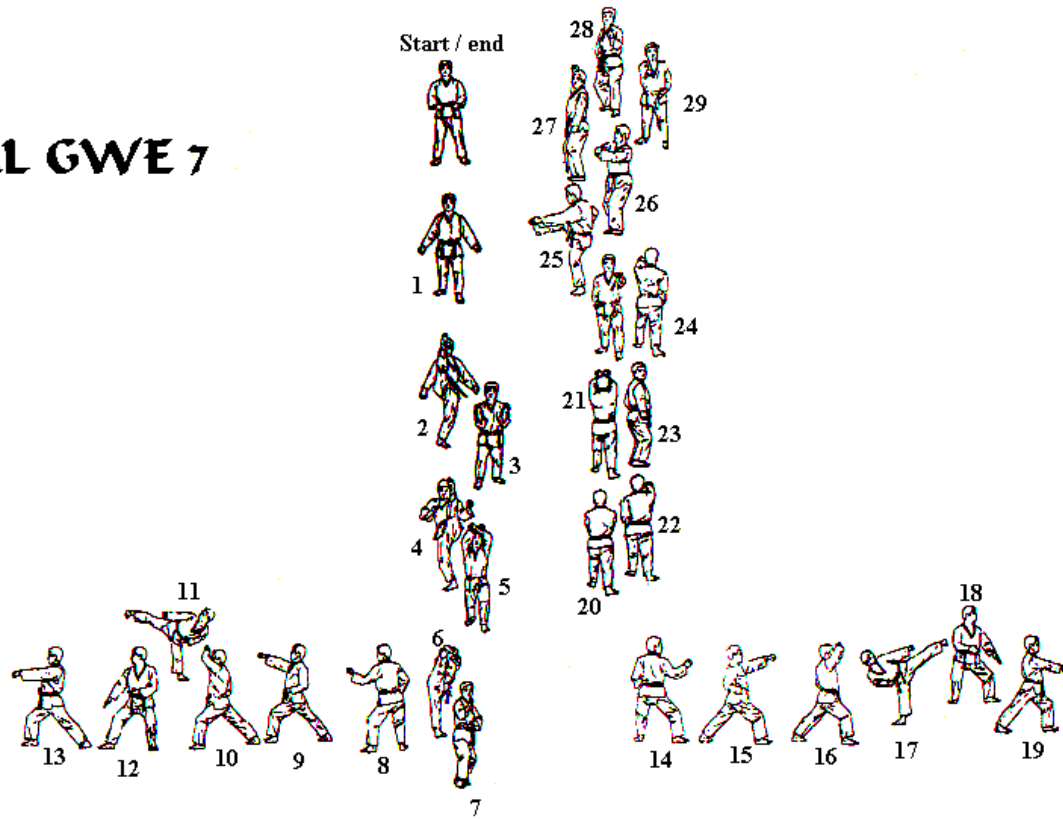
**28. Right middle guarding.**

**29. Look over left shoulder. Step to the left (180 degrees with left foot to front of room) into right “L” stance (right leg back), two step (remaining in “L” stance), right middle guarding.**

**Face front, ready stance. Bow.**

# Form 7

## PAL GWE 7



Ready stance.

1. Step forward with left foot into forward walking stance, double side block.
2. Right front kick and land in forward walking stance.
3. Wedge block.
4. Left front kick and land in forward walking stance.
5. Upper check block.
6. Right side kick and land in "L" stance.
7. Right middle guarding.
8. Look over left shoulder. Step to the left (270 degrees with left foot) into "L" stance with left inside out block.
- 9 - 10. Right face punch, left rising block (in quick sequence).

**11. Right side kick and land in “L” stance.**

**12. Right down low guarding.**

**13. Slide left foot out into forward walking stance, grab with right hand, punch with left hand.**

**14. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance with right inside out block.**

**15 - 16. Left face punch, right rising block (in quick sequence).**

**17. Left side kick and land in “L” stance.**

**18. Left down low guarding.**

**19. Slide left leg out into forward walking stance, grab with right hand, punch with left hand.**

**20 - 21. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance, fists on each side of belt. Down low check block, return fists to each side of belt, upper check block, return fists to each side of belt, right face punch with kihap (in quick sequence).**

**22. Look over left shoulder. Spin to the left (180 degrees with left foot), right shin scrape and right side block, land in horse riding stance.**

**24. Look over left shoulder. Left throat strike.**

**25 - 26. Turn left palm sideways (thumb up, pinkie down), fingers open and tight together. Right wheel kick into left palm, right elbow strike into left palm and land in horse riding stance.**

**27. Look over left shoulder. Slide left foot into forwarding walking stance with right groin grab, rip (right fist pulls up to behind head, left down low guarding, closed fist) and slide into “L” stance.**

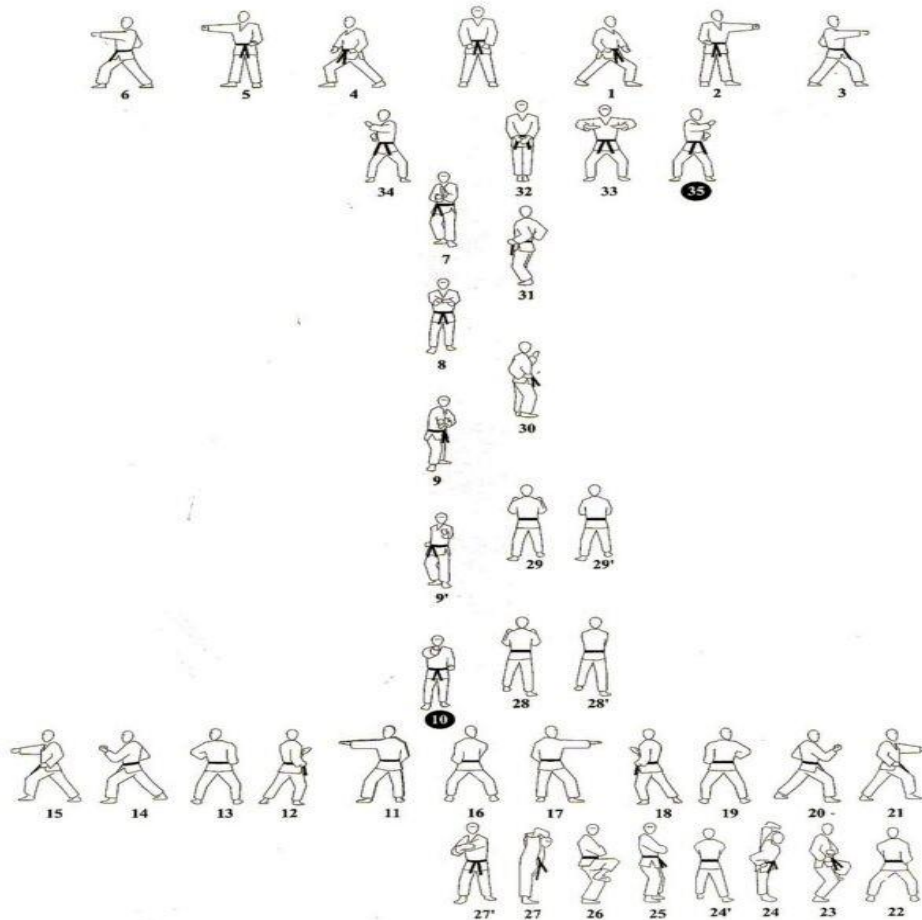
**28. Left middle guarding.**

**29. Slide left foot into forward walking stance, grab with right hand, and punch with left hand. Kihap on left punch.**

**Face front, ready stance. Bow.**

# Form 8

## PAL GWE 8 35 MOVEMENTS



Ready stance.

1. Look over left shoulder. Step to the left (90 degrees with left foot) into extra-wide forward walking stance with left down low block.

2. Slide left foot into normal forward walking stance with left hammer fist.

3. Remaining in forward walking stance, step forward, grab with left hand and punch with right hand.

- 4. Look over right shoulder. Step to the right (180 degrees with right foot) into extra-wide forward walking stance with right down low block.**
- 5. Slide right foot into normal forward walking stance with right hammer fist.**
- 6. Remaining in forward walking stance, step forward, grab with right hand and punch with left hand.**
- 7. Look over left shoulder (to front of classroom). Step to the left (90 degrees with left foot) into "L" stance, left middle guarding.**
- 8. Step forward into forward walking stance with right thrusting knife.**
- 9. Keeping left hand beneath elbow, straighten right arm and twist right hand down to the right until palm faces right hand wall. Look over left shoulder. Pivot to the left (360 degrees with left foot, right foot stays planted) into forward walking stance with left hammer fist.**
- 10. Step forward into forward walking stance with right face punch. Kihap on the punch.**
- 11. Look over left shoulder. Step to the left (180 degrees with left foot) into horse riding stance, fists on each side of belt. Remaining in horse riding stance, look over left shoulder. Left throat strike.**
- 12. – 13. Left elbow strike.**
- 14 - 15. Step to the left (90 degrees with left foot) into forward walking stance with left inside out block and right punch in quick sequence.**
- 16. Look over right shoulder (to back of room). Slide left foot up into horse riding stance with fists on each side of belt.**
- 17. Remaining in horse riding stance, look over right shoulder. Right throat strike.**
- 18. – 19. Right elbow strike.**
- 20 - 21. Step to the right (90 degrees with right foot) into forward walking stance with right inside out block and left punch (in quick sequence).**
- 22. Look over left shoulder (to back of room). Slide right foot up into horse riding stance and stack fists on left hip (right fist on top).**

**23. Slide right foot behind left foot into “T” stance.**

**24. Left side kick (with left side block). Land in forward walking stance with right elbow strike into left palm.**

**25. Look over left shoulder. Step to the left (270 degrees with left leg) into horse riding stance, fists stacked on right hip (left fist on top).**

**26. Slide left foot behind right foot into “T” stance.**

**27. Right side kick (with right side block). Land in forward walking stance with left elbow strike into right palm.**

**28. Look over right shoulder. Step to the right (180 degrees with right foot) into forward walking stance with wedge block, double punch (right fist to face, left fist to stomach).**

**29. (Remaining in forward walking stance), step forward with wedge block, double punch (left fist to face, right fist to stomach).**

**30. Slide left foot into “L” stance, left middle guarding.**

**31. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with right elbow strike to face.**

**32. Look over left shoulder. Step to the left (90 degrees with left foot) into ready stance with double hand groin guard.**

**33. Slide left foot out into horse riding stance, rear grab escape (shrug both shoulders).**

**34. Look over right shoulder. Step to the right (90 degrees with right foot) into forward walking stance with right elbow strike, left face punch (in quick sequence).**

**35. Look over left shoulder. Step to the left (180 degrees with left foot) into forward walking Stance with left elbow strike, right face punch in quick sequence. Kihap on the punch.**

**Face front, return to ready stance. Bow.**

# Form 9

코리 품세선



1. Koryo in ready stance.

- 2. Look over left shoulder. Step to the left (90 degrees with left foot) into “L” stance with left middle guarding.**
- 3. Right low side kick, high side kick (hold high kick for a second). Land in forward walking stance with right throat strike and left punch (in quick sequence).**
- 4. Slide right foot into “L” stance with right outside in block.**
- 5. Look over right shoulder. Step to the right (180 degrees with right foot) into “L” stance with right middle guarding.**
- 6. Left low side kick, high side kick (hold high kick for a second). Land in forward walking stance with left throat strike and right punch (in quick sequence).**
- 7. Slide left foot into “L” stance with left outside in block.**
- 8. Look over left shoulder. Step to the left (90 degrees with left foot) into forward walking stance with left low knife strike and right choke (in quick sequence).**
- 9. Right face front kick and land in forward walking stance with right low knife strike and left choke(in quick sequence).**
- 10. Left face front kick and land in forward walking stance with left low knife strike and right choke in quick sequence. Kihap on the choke.**
- 11. Right front kick and land in forward walking stance with left knee break.**

**Knee break: hands propel from waist - right arm bends across body with right hand beneath left elbow. Left arm extends (pushes) into down low palm strike position, fingers open and tight together, pushing down with palm.**
- 12. Look over left shoulder. Turn to the right (clockwise 180 degrees to face back of classroom) into forward walking stance with wedge block (right foot is forward).**
- 13. Left face front kick and land in forward walking stance with right knee break (left arm bends across body and low right palm strike).**
- 14. Remain in forward walking stance, wedge block.**
- 15. Look over right shoulder. Step to the right (clockwise - 180 degrees with left foot) into horse riding stance.**
- 16. Look over left shoulder. Left throat strike (right fist on belt).**

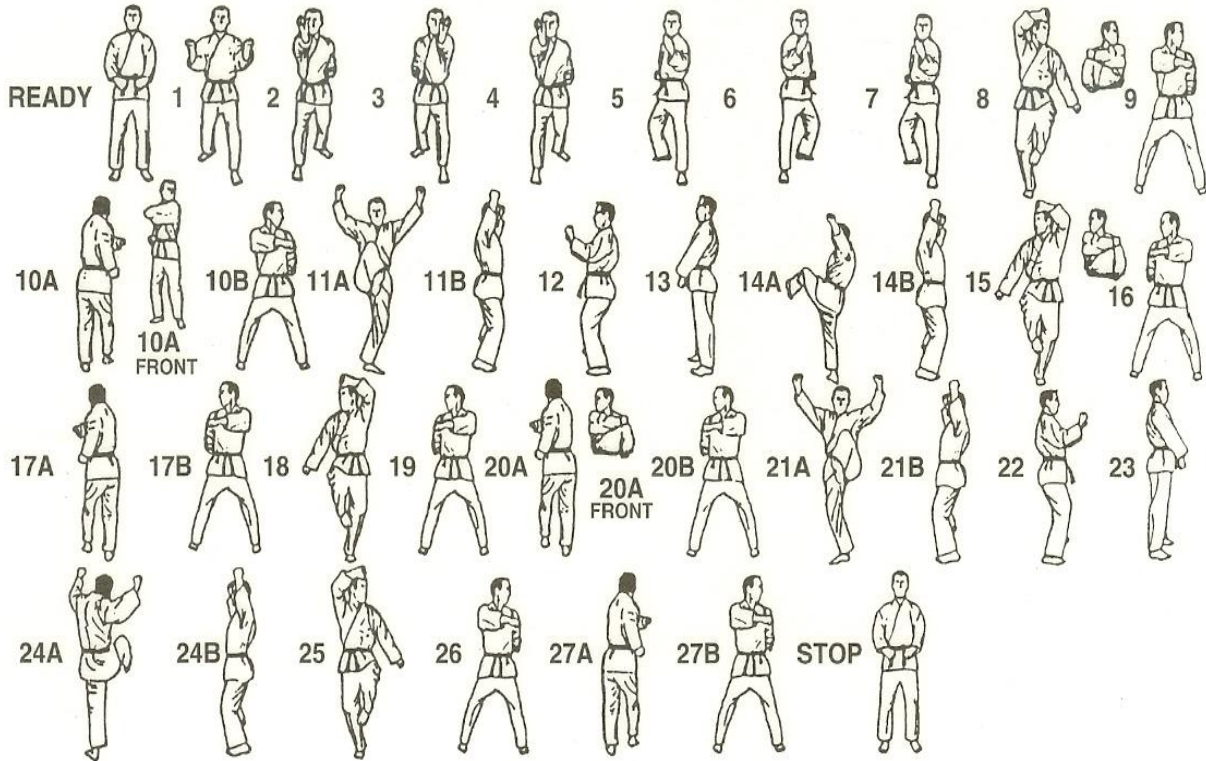


17. Extend left hand with open fingers tight together (left thumb up, pinkie down) and punch right hand into left palm. Left X-stance side kick (right foot crosses over left foot) and pivot to the right (180 degrees to face opposite wall) to land in extra wide forward walking stance.
18. Left groin grab, slide right foot into normal forward walking stance, right down low block.
19. (Remaining in forward walking stance) step forward with left parry.
20. Step to the right (90 degrees with right foot – facing front of classroom) into horse riding stance. Look over right shoulder. Right reinforced elbow (right fist enclosed by left hand with elbow strike), right throat strike (left fist on belt).
21. Extend right hand with open fingers tight together (right thumb up, pinkie down) and punch left hand into right palm. Right X-stance side kick (left foot crosses over right foot) and pivot to the left (180 degrees to face opposite wall) to land in extra wide forward walking stance.
22. Right groin grab, slide left foot into normal forward walking stance, left down low block.
23. (Remaining in forward walking stance) step forward with right parry.
24. Step to the left (90 degrees with left foot to face front of classroom) into horse riding stance. Look over left shoulder. Left reinforced elbow (left fist enclosed by right hand with elbow strike).
25. Slide left foot beside right foot (feet together), raise both hands above head, palms open. Bring both hands slowly down in a circular motion (rising sun). Left fist strike to right palm near belt.
26. Look over left shoulder. Step to the left (180 degrees with left foot) into forward walking stance, left throat strike (palm down), left low striking knife.
27. (Remaining in forward walking stance) step forward with right striking knife (palm up), right low striking knife.
28. Step forward into forward walking stance with left striking knife (palm up), left low striking knife.
30. (Remaining in forward walking stance) step forward with right choke. Kihap on choke.
31. Look over left shoulder. Step to the left (180 degrees with left foot) into ready stance.

**Koryo. Bow.**

# Form 10

## KEUM-GANG



Ready stance.

1. Step forward with left foot into forward walking stance with wedge block (palms face in).
2. Remaining in forward walking stance, step forward with right palm strike.
3. Step forward into forward walking stance with left palm strike.
4. Remaining in forward walking stance, step forward with right palm strike.
5. Step backward with right foot into forward walking stance with left striking knife.
6. Remaining in forward walking stance, step backward with right striking knife.
7. Step backward into forward walking stance with left striking knife.

**8. Left crane stance. Slowly bring left knee up and plant on right knee while slowly circling hands from belt until left arm is in side block position and right arm is in rising block position. Look left when in position.**



**Crane Stance**

**9. Drop left foot into horse riding stance with left rear elbow (right fist on top of left fist).**

**10. Look over left shoulder. Jump and spin 360 degrees to the left with left rear elbow (right fist on top of left fist), and land in horse riding stance.**

**11. Look over right shoulder. Lift right knee high and turn to the right (90 degrees with right foot), right shin scrape and land in horse riding stance with mountain body block. Kihap on body block.**

**12. Look over right shoulder. Step to the right (180 degrees with left foot, right foot staying in place) into horse riding stance with wedge block.**

**13. Slide left foot to right foot, ready stance.**

**14. Look over right shoulder. Lift left knee high and turn to the left (180 degrees with left foot, right foot staying in place), left shin scrape and land in horse riding stance with mountain body block. Kihap on body block.**

**15. Look over right shoulder. Step to the right (90 degrees with right foot) into right crane stance, look right when in position.**

**16. Drop right foot into horse riding stance with right rear elbow (left fist on top of right fist).**

**17. Look over right shoulder. Jump and spin 360 degrees to the right with right rear elbow (left fist on top of right fist), and land in horse riding stance.**

**18 - 19. Right crane stance, look to right when in position. Drop right foot into horse riding stance with right rear elbow (left fist on top of right fist).**

**20. Look over right shoulder. Jump and spin 360 degrees to the right with right rear elbow (left fist on top of right fist), and land in horse riding stance.**

**21. Lift left knee high and turn to the left (90 degrees with left foot), left shin scrape and land in horse riding stance with mountain body block. Kihap on body block.**

**22. Look over left shoulder. Step to the left (180 degrees with right foot staying in place) into horse riding stance with wedge block.**

**23. Slide right foot to left into ready stance.**

**24. Look over left shoulder. Lift right knee high and turn to the right (180 degrees with left foot staying in place), right shin scrape and land in horse riding stance with mountain body block. Kihap on body block.**

**25. Slide left foot back 90 degrees to the right (to face classroom), left crane stance. Look left when in position.**

**26. Drop left foot into horse riding stance with left rear elbow (right fist on top of left fist).**

**27. Look over left shoulder. Jump and spin 360 degrees to the left with left rear elbow (right fist on top of left fist), and land in horse riding stance.**

**Face front, ready stance. Bow.**