

JI DO KWAN TAE KWON DO

FORMS

Form #1 Palgue Il Jang - White Belt

- 1 - TURN LEFT - 90° - FORWARD STANCE - LOW BLOCK.
- 2 - STEP FORWARD - FORWARD STANCE - INSIDE MIDDLE BLOCK.
- 3 - TURN RIGHT - 180° - FORWARD STANCE - LOW BLOCK.
- 4 - STEP FORWARD - FORWARD STANCE - INSIDE MIDDLE BLOCK.
- 5 - TURN LEFT - 90° - FORWARD STANCE - LOW BLOCK.
- 6 - STEP FORWARD - BACK STANCE - OUTSIDE MIDDLE BLOCK.
- 7 - STEP FORWARD - BACK STANCE - OUTSIDE MIDDLE BLOCK.
- 8 - STEP FORWARD - FORWARD STANCE - MIDDLE PUNCH (KEEHOP).
- 9 - TURN LEFT - 270° - BACK STANCE - FIGHTING STANCE.
- 10 - STEP FORWARD - BACK STANCE - INSIDE MIDDLE BLOCK.
- 11 - TURN RIGHT - 180° - BACK STANCE - FIGHTING STANCE.
- 12 - STEP FORWARD - BACK STANCE - INSIDE MIDDLE BLOCK.
- 13 - TURN LEFT - 90° - FORWARD STANCE - LOW BLOCK.
- 14 - STEP FORWARD - FORWARD STANCE - KNIFE HAND ATTACK.
- 15 - STEP FORWARD - FORWARD STANCE - KNIFE HAND ATTACK.
- 16 - STEP FORWARD - FORWARD STANCE - MIDDLE PUNCH (KEEHOP).
- 17 - TURN LEFT - 270° - FORWARD STANCE - LOW BLOCK.
- 18 - STEP FORWARD - FORWARD STANCE - INSIDE MIDDLE BLOCK.
- 19 - TURN RIGHT - 180° - FORWARD STANCE - LOW BLOCK.
- 20 - STEP FORWARD - FORWARD STANCE - INSIDE MIDDLE BLOCK.

FORM #2 Palgue Ye Jang - Yellow Belt

- 1 - TURN LEFT - 90° - FORWARD STANCE - UPPER BLOCK.
- 2 - FRONT KICK - FORWARD STANCE - MIDDLE PUNCH.
- 3 - TURN RIGHT - 180° - FORWARD STANCE - UPPER BLOCK.
- 4 - FRONT KICK - FORWARD STANCE - MIDDLE PUNCH.
- 5 - TURN LEFT - 90° - BACK STANCE - DOUBLE LOW KNIFE HAND BLOCK.
- 6 - STEP FORWARD - BACK STANCE - FIGHTING STANCE.
- 7 - STEP FORWARD - FORWARD STANCE - UPPER BLOCK.
- 8 - STEP FORWARD - FORWARD STANCE - MIDDLE PUNCH (KEEHOP).
- 9 - TURN LEFT - 270° - FORWARD STANCE - UPPER BLOCK.
- 10 - FRONT KICK - FORWARD STANCE - MIDDLE PUNCH.
- 11 - TURN RIGHT - 180° - FORWARD STANCE - UPPER BLOCK.
- 12 - FRONT KICK - FORWARD STANCE - MIDDLE PUNCH.
- 13 - TURN LEFT - 90° - BACK STANCE - DOUBLE LOW BLOCK.
- 14 - STEP FORWARD - BACK STANCE - DOUBLE INSIDE MIDDLE BLOCK.
- 15 - STEP FORWARD - BACK STANCE - OUTSIDE MIDDLE BLOCK.
- 16 - STEP FORWARD - FORWARD STANCE - MIDDLE PUNCH (KEEHOP).
- 17 - TURN LEFT - 270° - FORWARD STANCE - UPPER BLOCK.
- 18 - FRONT KICK - FORWARD STANCE - MIDDLE PUNCH.
- 19 - TURN RIGHT - FORWARD STANCE - UPPER BLOCK.
- 20 - FRONT KICK - FORWARD STANCE - MIDDLE PUNCH.

