

























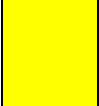
Ki-Cho Il Bo (Basic Form 1)











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|---|---|---|
| | White Belts must learn and perform this Poom Sae during testing in order to advance to White Belt with Yellow Stripe (High White). |  |
| I | This form is executed in an "I" pattern, allowing the student practice in performing the fundamental techniques of walking, turning, blocking and punching in continuous sequence in all four directions. | |













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| 0 |  | | Choon Bi (Ready) |
| 1 |  | L | Turn left foot ¼ turn left into left walking stance, with left hand down block. |
| 2 |  | R | Step right foot forward into right walking stance, with right hand middle punch. |
| 3 |  | R | Turn right foot ½ turn right into right walking stance, with right hand down block. |
| 4 |  | L | Step left foot forward into left walking stance, with left hand middle punch. |
| 5 |  | L | Turn left foot ¼ turn left into left walking stance, with left hand down block. |
| 6 |  | R | Step right foot forward into right walking stance, with right hand middle punch. |
| 7 |  | L | Step left foot forward into left walking stance, with left hand middle punch. |
| 8 |  | R | Step right foot forward into right walking stance, with right hand middle punch... Ki Hap (YELL)! |
| 9 |  | L | Turn left foot ¾ turn left into left walking stance, with left hand down block. |

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| 10 |  | R | Step right foot forward into right walking stance, with right hand middle punch. |
| 11 |  | R | Turn right foot ½ turn right into right walking stance, with right hand down block. |
| 12 |  | L | Step left foot forward into left walking stance, with left hand middle punch. |
| 13 |  | L | Turn left foot ¼ turn left into left walking stance, with left hand down block. |
| 14 |  | R | Step right foot forward into right walking stance, with right hand middle punch. |
| 15 |  | L | Step left foot forward into left walking stance, with left hand middle punch. |
| 16 |  | R | Step right foot forward into right walking stance, with right hand middle punch... Ki Hap (YELL)! |
| 17 |  | L | Turn left foot ¾ turn left into left walking stance, with left hand down block. |
| 18 |  | R | Step right foot forward into right walking stance, with right hand middle punch. |
| 19 |  | R | Turn right foot ½ turn right into right walking stance, with right hand down block. |
| 20 |  | L | Step left foot forward into left walking stance, with left hand middle punch. |
| |  | | Bahro (return to ready position) |

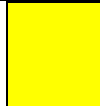

Ki-Cho Yi Bo (Basic Form 2)











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|  | High White Belts (yellow stripe) must learn and perform this Poom Sae during testing in order to advance to Yellow Belt. |  |
| I | This form is executed in an “I” pattern, allowing the student practice in performing the fundamental techniques of walking, turning, blocking and punching in continuous sequence in all four directions. | |











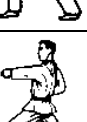

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| 0 |  | | Choon Bi (Ready) |
| 1 |  | L | Turn left foot ¼ turn left into left front stance, with left hand down block. |
| 2 |  | R | Step right foot forward into right front stance, with right hand high punch. |
| 3 |  | R | Turn right foot ½ turn right into right front stance, with right hand down block. |
| 4 |  | L | Step left foot forward into left front stance, with left hand high punch. |
| 5 |  | L | Turn left foot ¼ turn left into left front stance, with left hand down block. |
| 6 |  | R | Step right foot forward into right front stance, with right hand high block. |
| 7 |  | L | Step left foot forward into left front stance, with left hand high block. |
| 8 |  | R | Step right foot forward into right front stance, with right hand high block... Ki Hap (YELL)! |
| 9 |  | L | Turn left foot ¾ turn left into left front stance, with left hand down block. |

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| 10 |  | R | Step right foot forward into right front stance, with right hand high punch. |
| 11 |  | R | Turn right foot ½ turn right into right front stance, with right hand down block. |
| 12 |  | L | Step left foot forward into left front stance, with left hand high punch. |
| 13 |  | L | Turn left foot ¼ turn left into left front stance, with left hand down block. |
| 14 |  | R | Step right foot forward into right front stance, with right hand high block. |
| 15 |  | L | Step left foot forward into left front stance, with left hand high block. |
| 16 |  | R | Step right foot forward into right front stance, with right hand high block... Ki Hap (YELL)! |
| 17 |  | L | Turn left foot ¾ turn left into left front stance, with left hand down block. |
| 18 |  | R | Step right foot forward into right front stance, with right hand high punch. |
| 19 |  | R | Turn right foot ½ turn right into right front stance, with right hand down block. |
| 20 |  | L | Step left foot forward into left front stance, with left hand high punch. |
| |  | | Bahro (return to ready position) |

Ki-Cho Sam Bo (Basic Form 3)

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|  | Yellow Belts must learn and perform this Poom Sae in order to advance to Yellow Belt with Green Stripe (High Yellow), but not during testing. |  |
| I | This form is executed in an “I” pattern, allowing the student practice in performing the fundamental techniques of walking, turning, blocking and punching in continuous sequence in all four directions. | |

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| 0 |  | | Choon Bi (Ready) |
| 1 |  | L | Turn left foot ¼ turn left into left back stance, with left hand outside block. |
| 2 |  | R | Step right foot forward into right front stance, with right hand middle punch. |
| 3 |  | R | Turn right foot ½ turn right into right back stance, with right hand outside block. |
| 4 |  | L | Step left foot forward into left front stance, with left hand middle punch. |
| 5 |  | L | Turn left foot ¼ turn left into left front stance, with left hand down block. |
| 6 |  | R | Step right foot forward into horse stance (right foot forward), with right hand side punch. |
| 7 |  | L | Step left foot forward into horse stance (left foot forward), with left hand side punch. |
| 8 |  | R | Step right foot forward into horse stance (right foot forward), with right hand side punch... Ki Hap! |
| 9 |  | L | Turn left foot ¾ turn left into left back stance, with left hand outside block. |

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| 10 |  | R | Step right foot forward into right front stance, with right hand middle punch. |
| 11 |  | R | Turn right foot ½ turn right into right back stance, with right hand outside block. |
| 12 |  | L | Step left foot forward into left front stance, with left hand middle punch. |
| 13 |  | L | Turn left foot ¼ turn left into left front stance, with left hand down block. |
| 14 |  | R | Step right foot forward into horse stance (right foot forward), with right hand side punch. |
| 15 |  | L | Step left foot forward into horse stance (left foot forward), with left hand side punch. |
| 16 |  | R | Step right foot forward into horse stance (right foot forward), with right hand side punch... Ki Hap! |
| 17 |  | L | Turn left foot ¾ turn left into left back stance, with left hand down block. |
| 18 |  | R | Step right foot forward into right front stance, with right hand middle punch. |
| 19 |  | R | Turn right foot ½ turn right into right front stance, with right hand down block. |
| 20 |  | L | Step left foot forward into left front stance, with left hand middle punch. |
| |  | | Bahro (return to ready position) |