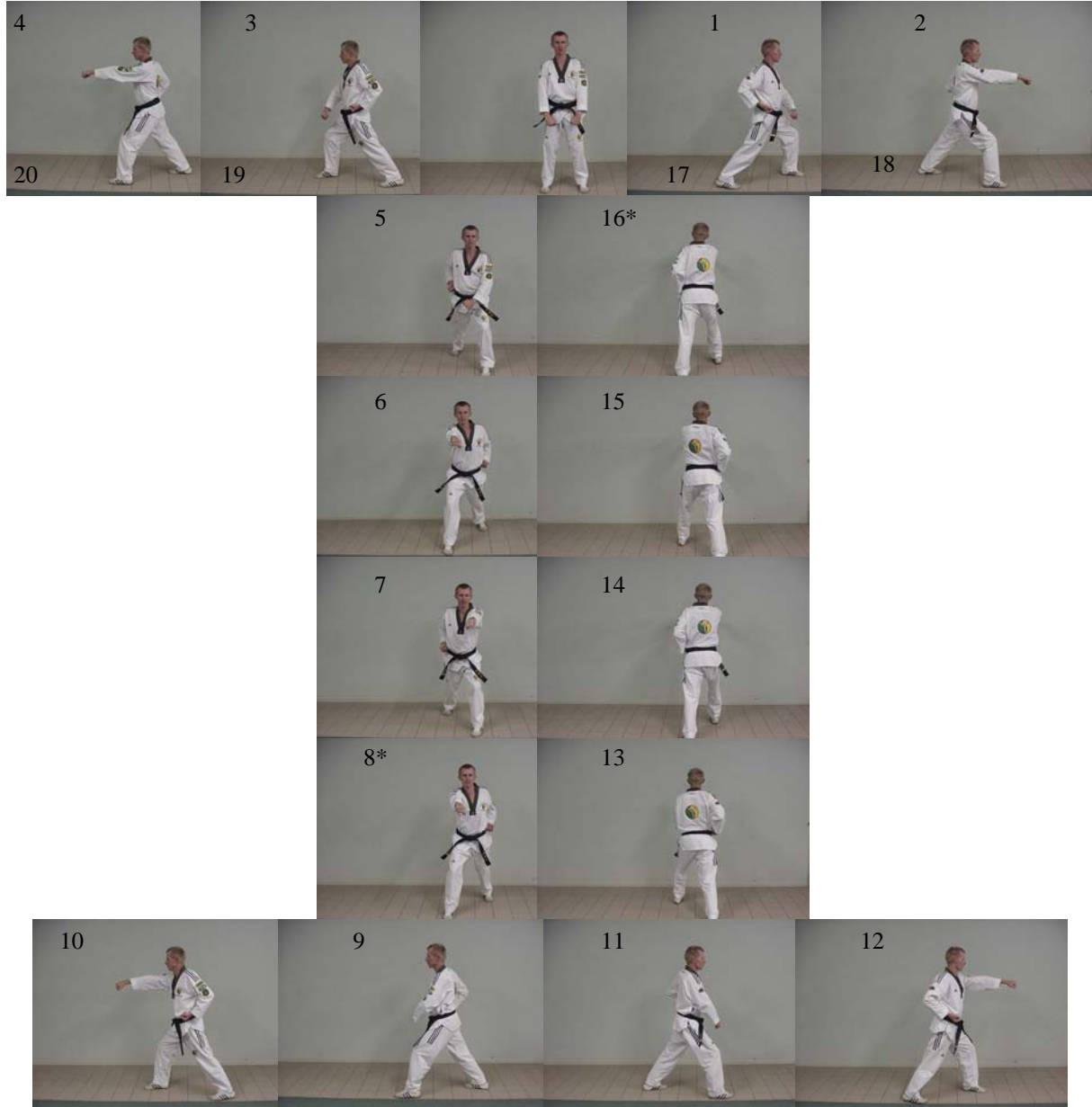




Kibon White Belt form



- | | |
|--|--|
| 1. Turn L 90° - L Front Stance - L Low Block | 2. Step Forward - R Front Stance - R Middle Punch |
| 3. Turn R 180° - R Front Stance - R Low Block | 4. Step Forward - L Front Stance - L Middle Punch |
| 5. Turn L 90° - L Front Stance - L Low Block | 6. R Front Stance - R Middle Punch |
| 7. L Front Stance - L Middle Punch | 8. R Front Stance - R Middle Punch* |
| 9. Turn L 270° - L Low Block | 10. Step forward - R Front Stance - R Middle Punch |
| 11. Turn R 180° - R Front Stance - R Middle Punch | 12. Step forward - L Front Stance - L Middle Punch |
| 13. Turn L 90° - L Front Stance - L Low Block | 14. Step Forward - R Front Stance - R Middle Punch |
| 15. Step Forward - L Front Stance - L Middle Punch | 16. Step Forward - R Front Stance - R Middle Punch * |
| 17. Turn L 270° - L Front Stance - L Low Block | 18. Step Forward - R Front Stance - R Middle Punch |
| 19. Turn R 180° - R Front Stance - R Low Block | 20. Step Forward - L Front Stance - L Middle Punch |

* Denotes **KIHAP**