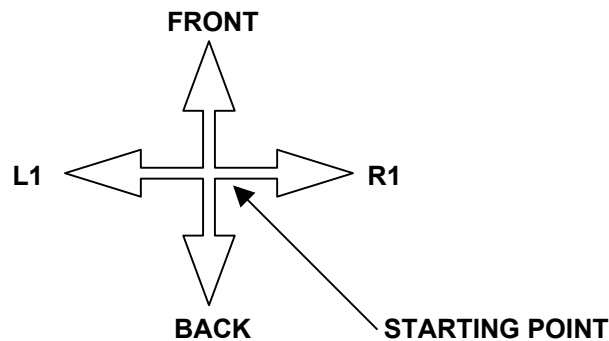


BASIC FORM THREE



Joon bi facing the front

1. Look left and move left foot towards L-1 into a left walking stance with a **right inside** block and execute a left center punch- KIAP!
2. Look right and move right foot clockwise toward R-1 in a right walking stance with a **left inside** block and execute a right center punch- KIAP!
3. Look left and move left foot counter-clockwise toward the front into a left walking stance with a **right inside** block and execute a left center punch- KIAP!
4. Look right, pivot on left foot and move right foot clockwise (180 degrees) toward the back into a right walking stance with a **left inside** block and execute a right center punch- KIAP!
5. Look left and move left foot clockwise toward R-1 into a left walking stance with a **right inside block** and execute a left center punch- KIAP!
6. Look right and move right foot clockwise (180 degrees) toward the L-1 into a right walking stance with a **left inside** block execute a right center punch- KIAP!

**** Move right clockwise to face the front in Joon bi stance.***

ONE TEAM, ONE FIGHT !!