

White Belt

Form Name: **Ki-Bon** (*Pronounced: Key Bon*)
 Ki-Bon means "Basic Foundation".

16 Movements 2 Yells

The white belt represents a newly planted seed. The student is nurturing their physical and mental growth through Taekwondo.

ONE-STEP

1. Left high block, right middle punch, left middle punch, right high punch, double outer forearm block.
2. Left crescent kick. Right sidekick. Double outer forearm block.
3. Right front kick, right middle punch, left middle punch, right high punch, double outer forearm block.
4. Left palm pushing block, right middle punch, left middle punch, right high punch, right round kick, double outer forearm block.
5. Left front kick, right sidekick, right knifehand strike, double outer forearm block.

FORM

TECHNIQUE	STANCE
1. Left Low Block	Left Front
2. Right Middle Punch	Right Front
3. Right Low Block	Right Front
4. Left Middle Punch	Left Front
5. Left Low Block	Left Front
6. Right Middle Punch	Right Front
7. Left Front Kick	Left Front
8. Left Middle Punch	Left Front
9. Right Front Kick	Left Front
10. Right Middle Punch (<i>Kihap</i>)	Right Front
11. Left Inner Forearm Block	Left Middle
12. Left Knifehand Strike	Right Middle
13. Right Inner Forearm Block	Right Middle
14. Right Knifehand strike	Left Front
15. Left High Block	Left Front
16. Right High Block (<i>Kihap</i>)	Right Front

Baroh! *Right foot back to ready position*

