

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-STEPS

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 | Right Front |
| 10. Right Middle Punch (<i>Kihap</i>) | Right Front |
| 11. Left Inner Forearm Block | Left Middle |
| 12. Left Knifehand Strike | Left Middle |
| 13. Right Inner Forearm Block | Right Middle |
| 14. Right Knifehand strike | Right Middle |
| 15. Right High Block | Right Front |
| 16. Left High Block (<i>Kihap</i>) | Left Front |

Ba-roh! Right foot back to ready position

