

2 KEUMGANG FORM

| Footwork | Stance | Face | Action |
|--|----------------------|-------|--|
| START | Natural stance | Front | Basic ready position |
| 1 Left foot steps forward | Left forward stance | Front | Double inside body block |
| 2 Right foot steps forward | Right forward stance | Front | Right heel palm attack to cheek/jaw |
| 3 Left foot steps forward | Left forward stance | Front | Left heel palm attack to cheek/jaw |
| 4 Right foot steps forward | Right forward stance | Front | Right heel palm attack to cheek/jaw |
| 5 Right foot steps backward | Right back stance | Front | Left knife hand body block |
| 6 Left foot steps backward | Left back stance | Front | Right knife hand body block |
| 7 Right foot steps backward | Right back stance | Front | Left knife hand body block |
| 8 Left foot raises to right knee (normal speed) | Right crane stance | Left | Left outside low block, right face block (slowly) |
| 9 Left foot steps to left | Horse riding stance | Left | Left backward elbow, right hook punch across body |
| 10 Turn 180° on left foot, then right foot (briskly) | Horse riding stance | Left | Left backward elbow, right hook punch across body |
| 11 Right foot steps to front | Horse riding stance | Left | Right foot stamp to floor, mountain block (yell) |
| 12 Left foot steps to front | Horse riding stance | Right | Double inside body block |
| 13 Left foot steps one foot back | Natural stance | Right | Double outside low block, hinge at forearms moving hands apart, then back (slowly) |
| 14 Left foot steps to back | Horse riding stance | Left | Left foot stamp to floor, mountain block |
| 15 Pivot and right foot raises to left knee (normal speed) | Left crane stance | Right | Right outside low block, left face block (slowly) |
| 16 Right foot steps to right | Horse riding stance | Right | Right backward elbow, left hook punch across body |
| 17 Turn 180° on right foot, then left foot (briskly) | Horse riding stance | Right | Right backward elbow, left hook punch across body |
| 18 Right foot raises to left knee (normal speed) | Left crane stance | Right | Right outside low block, left face block (slowly) |
| 19 Right foot steps to right | Horse riding stance | Right | Right backward elbow, left hook punch across body |
| 20 Turn 180° on right foot, then left foot (briskly) | Horse riding stance | Right | Right backward elbow, left hook punch across body |
| 21 Left foot steps to front | Horse riding stance | Right | Left foot stamp to floor, mountain block (yell) |
| 22 Right foot steps to front | Horse riding stance | Left | Double inside body block |
| 23 Right foot steps one foot back | Natural stance | Left | Double outside low block, hinge at forearms moving hands apart, then back (slowly) |
| 24 Right foot steps to back | Horse riding stance | Right | Right foot stamp to floor, mountain block |
| 25 Pivot and left foot raises to right knee (normal speed) | Right crane stance | Left | Left outside low block, right face block (slowly) |
| 26 Left foot steps to left | Horse riding stance | Left | Left backward elbow, right hook punch across body |
| 27 Pivot 360° and skip to left | Horse riding stance | Left | Left backward elbow, right hook punch across body |
| END Left foot steps to right | Natural stance | Front | Basic finish position |