

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