

5 SIPJIN FORM

| Footwork | Stance | Face | Action |
|--|-----------------------|-------|---|
| START | Natural stance | Front | Basic ready position |
| 1 Both feet remain fixed | Natural stance | Front | Double face block (one fist spacing, slowly), then widen to two fist spacing (fast) |
| 2 Left foot steps left | Right back stance | Left | Left double body block (open hand assist on wrist) |
| 3 Left foot steps left | Left forward stance | Left | Turn left hand slowly, then left step and right spear hand, palm down (quickly and simultaneously) |
| 4 Same stance | Left forward stance | Left | Left/right double body punch |
| 5 Right foot steps forward | Horse riding stance | Back | Mountain block (spreading hands) |
| 6 Left full step, then right foot steps forward | Horse riding stance | Left | Right body side punch (yell) |
| 7 Step backward (pivot left) | Horse riding stance | Right | Double side elbow attack |
| 8 Left foot to right foot, then right foot steps forward | Left back stance | Right | Right double body block (open hand assist on wrist) |
| 9 Right foot steps right | Right forward stance | Right | Turn right hand slowly, then right step and left spear hand, palm down (quickly and simultaneously) |
| 10 Same stance | Right forward stance | Right | Right/left double body punch |
| 11 Left foot steps forward | Horse riding stance | Back | Mountain block (spreading hands) |
| 12 Right full step, then left foot steps forward | Horse riding stance | Right | Left body side punch (yell) |
| 13 Step backward (pivot right) | Horse riding stance | Front | Double side elbow attack |
| 14 Pivot right on the left foot | Left back stance | Back | Right double body block (open hand assist on wrist) |
| 15 Right foot steps right | Right forward stance | Back | Turn right hand slowly, then right step and left spear hand, palm down (quickly and simultaneously) |
| 16 Same stance | Right forward stance | Back | Right/left double body punch |
| 17 Left foot steps to back | Right back stance | Back | Left double knife hand low block |
| 18 Right foot steps to back | Right forward stance | Back | Side sphere pushing (slowly) |
| 19 Right foot steps sideways | Horse riding stance | Right | Double inside open hand body block |
| 20 Same stance | Horse riding stance | Right | Double low knife hand block (slowly) |
| 21 Straighten knees slowly | Wide natural stance | Right | Slowly clench hands to fists |
| 22 Left foot steps sideways | Left forward stance | Front | Turn left and quickly raise left forearm to horizontal |
| 23 Same stance | Left forward stance | Front | Side sphere pushing (slowly) |
| 24 Right foot steps forward | Right forward stance | Front | Right front kick and hands to left hip, then double simultaneous punch |
| 25 Left foot steps forward | Left forward stance | Front | Left front kick and hands to right hip, then double simultaneous punch |
| 26 Right foot steps forward | Right twisting stance | Front | Right front kick and hands to left hip, then stamp and right assisted back fist (yell) |
| 27 Left foot steps to back | Left forward stance | Back | Side sphere pushing (slowly) |
| 28 Draw left foot back | Right tiger stance | Back | Double (crossed wrists) low block |
| 29 Right foot steps to back | Left back stance | Back | Right assisted inside open hand body block (left palm down) |
| 30 Left foot steps to back | Right back stance | Back | Double simultaneous punch |
| 31 Right foot steps to back | Left back stance | Back | Double simultaneous punch |
| END Pivot left 180° on left foot | Natural stance | Front | Basic finish position |