

## 6 JITAE FORM

Footwork	Stance	Face	Action
START	Natural stance	Front	Basic ready position
1 Left foot steps left	Right back stance	Left	Turn left and left inside body block
2 Right foot steps forward slowly	Right forward stance	Left	Right face block, then left body punch (both slowly)
3 Right foot steps backward	Left back stance	Right	Turn right and right inside body block
4 Left foot steps forward slowly	Left forward stance	Right	Left face block, then right body punch (both slowly)
5 Left foot steps to front	Left forward stance	Front	Turn to front and left low block
6 Left foot draws back	Right back stance	Front	Left face knife hand block (quickly)
7 Right foot steps forward	Left back stance	Front	Right front kick, then right double knife hand low block
8 Same stance	Left back stance	Front	Right outside body block (slowly)
9 Left foot steps forward	Right back stance	Front	Left front kick and left double knife hand low block
10 Left foot steps forward	Left forward stance	Front	Left face block (slowly)
11 Right foot steps forward	Right forward stance	Front	Left face block and right body punch (simultaneously)
12 Same stance	Right forward stance	Front	Left inside body block, then right inside body block (left assisted)
13 Right foot steps backward	Right back stance	Front	Left knife hand low block
14 Right foot returns back	Left forward stance	Front	Right front kick, then right/left double body punch
15 Left foot steps back	Horse riding stance	Left	Double face block (one fist spacing, fast)
16 Same stance	Horse riding stance	Back	Left knife hand low block
17 Same stance	Horse riding stance	Front	Right knife hand body block
18 Same stance	Horse riding stance	Front	Left hammer fist to right hand (yell)
19 Raise the right foot	Left crane stance	Front	Right outside low block
20 Same stance	Left crane stance	Front	Both fists to left hip
21 Change feet, jumping softly	Right crane stance	Back	Right side kick, then change feet with a jump and left outside low block (simultaneously)
22 Same stance	Right crane stance	Back	Both fists to right hip
23 Left foot steps to back	Left forward stance	Back	Left side kick, then right body punch
24 Right foot steps forward	Right forward stance	Back	Right body punch (yell)
25 Pivot left 270° on right foot	Right back stance	Left	Left double knife hand low block
26 Right foot steps forward	Left back stance	Left	Right double knife hand body block
27 Pivot right 180° on left foot	Left back stance	Right	Right double knife hand low block
28 Left foot steps forward	Right back stance	Right	Left double knife hand body block
END Pivot left on right foot	Natural stance	Front	Basic finish position