

# 7 CHEONKWON FORM

Footwork	Stance	Face	Action
START	Feet together	Front	Crossed palms ready position (left on top)
1 Same stance	Feet together	Front	Draw the crossed hands to the chest (slowly breathe in)
2 Same stance	Feet together	Front	Push palms outwards (slowly breathe out)
3 Left foot steps back with stamp	Left tiger stance	Front	Cross hands again, draw a full circle, then double uppercut (middle knuckles)
4 Right foot steps one foot forward and twist body right	Right forward stance	Front	Left knife hand body block (fast)
5 Left foot steps forward slowly	Left forward stance	Front	Slowly encircle attacking arm with left hand, then step and right body punch (slowly)
6 Twist body and feet left	Left forward stance	Front	Right knife hand block (fast)
7 Right foot steps forward slowly	Right forward stance	Front	Slowly encircle attacking arm with right hand, then step and left body punch (slowly)
8 Twist body and feet right	Right forward stance	Front	Left knife hand block (fast)
9 Left foot steps forward	Left forward stance	Front	Pull left fist to right hip and left side kick (yell), left low block
10 Right foot steps forward	Right forward stance	Front	Right body punch
11 Pivot left 270° on right foot	Right back stance	Right	Left inside body block (assisted)
12 Same stance	Right back stance	Right	Left arm outside rotation past face, fists to left hip, then left punch
13 Right foot steps forward	Left back stance	Right	Left arm (knife hand) outside rotation, then step and right punch
14 Pivot right 180° on left foot	Left back stance	Left	Right inside body block (assisted)
15 Same stance	Left back stance	Left	Right arm outside rotation past face, fists to right hip, then right punch
16 Left foot steps forward	Right back stance	Left	Right arm (knife hand) outside rotation, then step and left punch
17 Left foot steps to back	Left forward stance	Back	Right inside body block
18 Same stance	Left forward stance	Back	Left body punch
19 Right foot steps forward	Right forward stance	Back	Right front kick, then right body punch
20 Right foot draws back	Left back stance	Back	Right double knife hand low block
21 Small sliding steps to back	Left back stance	Back	Right inside body block, right low block (left palm assisted, slapping right wrist, finish fist hands)
22 Twist right foot 90° to left	Horse riding stance	Back	Left face block and right side punch (simultaneously)
23 Stamp & pivot 360° on right foot	Horse riding stance	Back	Right jumping spinning crescent kick to left hand, then repeat step 22
24 Twist left foot 90° to left	Right back stance	Front	Left low block, right inside high block (open hands, slowly)
25 Twist both feet 90° to right	Left back stance	Back	Right low block, left inside high block (open hands, slowly)
26 Pivot left 180° on right foot, draw left foot in	Feet together	Front	Cross hands in front, then draw a full circle
26' Right foot moves forward	Left tiger stance	Front	Right low and left body heel palm (together, slowly)
27 Right foot steps back	Feet together	Front	Cross hands in front, then draw a full circle
27' Left foot moves forward	Right tiger stance	Front	Left low and right body heel palm (together, slowly)
END Draw back the left foot	Feet together	Front	Crossed palms finish position (left on top)