

8 HANSOO FORM

Footwork	Stance	Face	Action
START	Feet together	Front	Crossed palms ready position (left on top)
1 Left foot steps forward	Left forward stance	Front	Double spreading block (inverted knife hand)
2 Right foot steps forward	Right forward stance	Front	Double body block
3 Right foot steps back	Right forward stance	Front	Left low block, and right inside high block
4 Twist left on both feet	Left forward stance	Front	Right body punch
5 Left foot steps back	Left forward stance	Front	Right low block, and left inside high block
6 Twist right on both feet	Right forward stance	Front	Left body punch
7 Right foot steps back	Right forward stance	Front	Left low block, and right inside high block
8 Twist left on both feet	Left forward stance	Front	Right body punch
9 Right foot steps forward	Right forward stance	Front	Double spreading block (inverted knife hand)
10 Left foot steps 45° forward and left	Left forward stance	45°NW	Left throat attack and right palm down block
11 One right full step, followed by left foot	Right close tiger stance	45°NW	Double inverted body punch
12 Left foot steps back	Horse riding stance	45°NW	Right inside wrist strike to left palm (inside thumb)
13 Right foot steps back	Right back stance	45°NW	Right face block, left low block (knife hands)
14 Pivot left 45° on right foot	Right crane stance	45°SW	Both fists to right hip
15 Left foot steps forward	Left forward stance	45°SW	Left side kick, then left face knife hand block, right chop to neck
16 Right foot steps forward	Right twisting stance	45°SW	Right front kick, then stamp and right back fist (yell)
17 Left foot steps backwards	Horse riding stance	45°NE	Left reverse chop to neck
18 Right foot steps forward	Horse riding stance	45°NW	Right crescent kick and right elbow (to left hand)
19 Left foot steps to right foot, then right foot steps forward	Right forward stance	45°NE	Right throat attack and left palm down block
20 One left full step, followed by right foot	Left close tiger stance	45°NE	Double inverted body punch
21 Right foot steps back	Horse riding stance	45°SE	Left inside wrist strike to right palm (inside thumb)
22 Left foot steps back	Left back stance	45°NE	Left face block, right low block (knife hands)
23 Pivot left 45° on left foot	Left crane stance	45°SE	Both fists to left hip
24 Right foot steps forward	Right forward stance	45°SE	Right side kick, then right face knife hand block, left chop to neck
25 Left foot steps forward	Left twisting stance	45°SE	Left front kick, then stamp and left back fist (yell)
26 Right foot steps backwards	Horse riding stance	45°NW	Right reverse chop to neck
27 Left foot steps forward	Horse riding stance	45°NE	Left crescent kick and left elbow (to right hand)
END Pivot on the left foot	Feet together	Front	Crossed palms finish position (left on top)