

Basic Form #2



1. Set and bow



2. Ready stance



3. Step right low block



4. Kick left leg.



5. Left punch



6. Turn right high block



7. Kick left leg



8. Left punch



8. Step to side, left low block



9. Kick right leg



10. Right punch



11. Turn left high block



12. Kick right leg



13. Right punch and kiai.



14. Slide right foot back to ready stance



15. Set and bow