

Basic Form #1

Stances—Forward Stance



1. Set and bow



2. Ready stance



3. Lunge punch on the left



4. Step forward right high block



5. Turn around left low block



6. Step forward right punch



7. Step to the side right low block



8. Step forward left punch



9. Turn around right high block



10. Step forward left punch



11. Step back with left leg to ready stance



12. Return to set and bow