



# Grandmaster Hong Kong Kim's Tae Kwon Do Black Belt Academy

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## Ki-Cho IL Bo - Basic Form 1

#	Motion	Stance	Rotation
0	Ready		
1	Low Block	Front	L 90
2	Middle Punch	Front	
3	Low Block	Front	R 180
4	Middle Punch	Front	
5	Low Block	Front	L 90
6	Middle Punch	Front	
7	Middle Punch	Front	
8 (Kiyap)	Middle Punch	Front	
9	Low Block	Front	L 270
10	Middle Punch	Front	
11	Low Block	Front	R 180
12	Middle Punch	Front	
13	Low Block	Front	L 90
14	Middle Punch	Front	
15	Middle Punch	Front	
16 (Kiyap)	Middle Punch	Front	
17	Low Block	Front	L 270
18	Middle Punch	Front	
19	Low Block	Front	R 180
20	Middle Punch	Front	