



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

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Ki-Cho Sam Bo - Basic Form 3

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