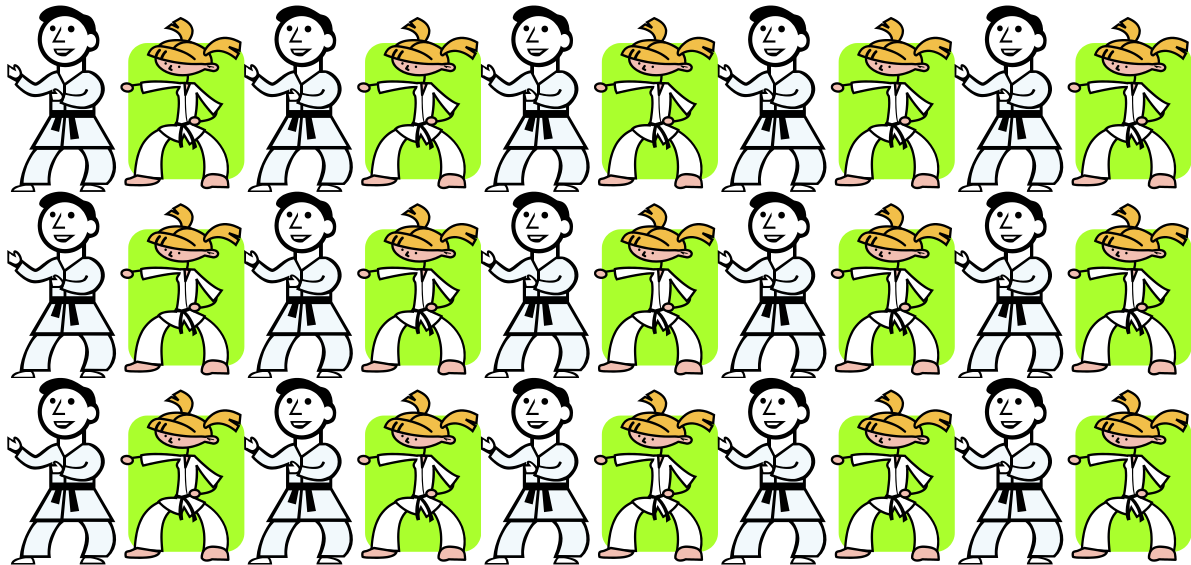


NAME _____

Period _____

Tae Kwon Do – White Belt Form
Form - Songham One – 9th Grade - 18 Moves

#	Technique	KI-Hap	Side	Stance	Section
1.	High Block		Left	Front	High
2.	Reverse Punch		Right	Front	Middle
3.	#2 Front Kick		Right	--	Middle
4.	Low Block		Right	Front	Low
5.	Step and Punch		Left	Front	Middle
6.	Inner Forearm Block		Right	Middle	High
7.	#3 Side Kick	Ki-Hap	Right	--	Middle
8.	Knifehand Strike		Right	Middle	Middle
9.	Step and Punch		Left	Front	High
10.	High Block		Right	Front	High
11.	Reverse Punch		Left	Front	Middle
12.	#2 Front Kick		Left	--	Middle
13.	Low Block		Left	Front	Low
14.	Step and Punch		Right	Front	Middle
15.	Inner Forearm Block		Left	Middle	High
16.	#3 Side Kick	Ki-Hap	Left	--	Middle
17.	Knifehand Strike		Left	Middle	Middle
18.	Punch		Right	Front	High



Place an X through the picture for every repetition that you practice the entire form.