

(Taegeuk Pal Jang) Bodan Form

- Start in the Ready or "Joon Bi" stance
- Step forward with left foot into left back stance, double fist middle block
- Slide left foot sideways into left front stance, reverse middle punch with right hand
- Left double front kick, yell Kihap!, left inside block, double punch (right hand first)
- Step forward into right front stance, right middle punch
- Turn left 270 degrees, left low block and right single mountain high block (at same time), reverse front stance, look towards direction of low block
- Move left foot into (forward) left front stance, grab imaginary opponent's collar with left hand & pull towards your right shoulder, slow right uppercut to imaginary opponent's chin
- Double step backwards, turn your head 180 degrees, right low block and left single mountain high block (at same time), reverse front stance, look towards direction of low block
- Move right foot into (forward) right front stance, grab imaginary opponent's collar with right hand & pull towards your left shoulder, slow left uppercut to imaginary opponent's chin
- Turn left 270 degrees, left double knife hand block in back stance
- Move left foot into left front stance, right middle punch
- Right front kick, return foot back to kicking position (behind left foot), step back with left foot, bring right foot into tiger/cat stance, right palm block
- Turn left 90 degrees, left foot in tiger/cat stance, left double knife hand middle block
- Left front kick, right middle punch in front stance
- Move left foot back into tiger/cat stance, left palm block
- Turn right 180 degrees, right foot into tiger/cat stance, right double knife hand middle block
- Right front kick, left middle punch in front stance
- Move right foot back into tiger/cat stance, palm block
- Turn right 90 degrees, right double fist low block in back stance
- Left double front kick, yell "Kihap!", land in a right front stance, right inside block, double punch (left hand first)
- Turn left 270 degrees, left single knife hand middle block in back stance
- Move left foot into left front stance, reverse elbow strike with right arm, reverse backfist to the nose with right fist, middle punch with left hand
- Move right foot and turn 180 degrees to the right into a right back stance, single knife hand middle block

- Move right foot into right front stance, reverse elbow strike with left arm, reverse backfist to the nose with left fist, middle punch with right hand
- When the Instructor says "Bah Ro", turn and face the Instructor.