**COLORED BELT FORM BASICS**

**WHITE – Chon Ji**

1. Front stance, rising block
2. Back stance, inner forearm block
3. Front stance, down block
4. Front stance, hammer fist strike

**YELLOW – Dan Gun**

1. Back stance, single knife hand chop
2. Back stance, double knife hand block
3. Back stance, twin forearm block
4. Front stance, down block, rising block

**ORANGE – Do San**

1. Front stance, outer forearm block, punch
2. Front stance, choke block; front kick; lead punch reverse punch
3. Front stance, body thrust

**GREEN** **– Won Hyo**

1. Back stance; twin forearm block; chop; fixed stance; punch
2. Front stance; circular block; front kick; front stance; reverse punch
3. Knee-bending stance, side kick; back stance, double knife

**HIGH GREEN – Yul Guk**

1. Front stance, hooking block, hooking block, punch
2. Knee-bending stance; side kick, front stance, horizontal elbow
3. Front stance, inner forearm block; rear front kick, lead punch, reverse punch

**BLUE – Jun Gun**

1. Back stance, double knife hand block; front stance, vertical elbow
2. Front stance, push block; fixed stance, lead punch
3. Back stance, guarding block; front stance, lead punch
4. Back stance, ridgehand strike, lead front kick; step up; cat stance, scooping block

**PURPLE – Tae Gae**

1. Back stance, inner forearm block; front stance, groin thrust
2. Horseriding stance, mountain block
3. Back stance, double knife; lead front kick; front stance, lead face poke

**RED – Hwa Rang**

1. Back stance, twin forearm block; upset; fixed stance, lead punch
2. Front stance, down block; back stance, reverse punch
3. Back stance, double knife, 45 roundhouse; 45 roundhouse; back stance, double knife

**BROWN – Choong Moo**

1. Back stance, twin open; front stance, swallowtail strike
2. Back stance, down block; front stance, headgrab
3. Horseriding stance, hammer block; ITF backfist strike

**BLACK – Kwang Gae**

1. Step-out, front stance, hooking block; step-back; back stance; double-low block
2. Cat stance, high-section double-knife hand block
3. Front stance, push block; shuffle back, down block, face poke