

# White Belt / Ki-Bon

Form Name: Ki-Bon (pronounced: Key-Bone)  
 Ki-Bon means "Basic Foundation"  
 ~ 16 Movements / 2 Yells ~

The white belt represents a newly planted seed. The student is nurturing their physical and mental growth through TaeKwonDo.

## Technique

- |                                      |              |
|--------------------------------------|--------------|
| 1. Left Low Block -----              | Left Front   |
| 2. Right Middle Punch -----          | Right Front  |
| 3. Right Low Block -----             | Right Front  |
| 4. Left Middle Punch -----           | Left Front   |
| 5. Left Low Block -----              | Left Front   |
| 6. Right Middle Punch -----          | Right Front  |
| 7. Left Front Kick -----             | --           |
| 8. Left Middle Punch -----           | Left Front   |
| 9. Right Front Kick -----            | --           |
| 10. Right Middle Punch - (Kihap) -   | Right Front  |
| 11. Left Inner Forearm Block ----    | Left Middle  |
| 12. Left Knife Hand Strike -----     | --           |
| 13. Right Inner Form Block -----     | Right Middle |
| 14. Right Knife Hand Strike -----    | --           |
| 15. Left High Block -----            | Left Front   |
| 16. Right High Block ----- (Kihap) - | Right Front  |

## Ba-Roh!

*Left foot steps back to ready position*

## Stance

## One Steps

1. Left high block, right middle Punch, left middle Punch, right high punch, double outer forearm block.
2. Left crescent kick, right sidekick, double outer forearm block.
3. Right front kick, right middle punch, left middle punch, right high punch, double outer forearm block.
4. Left home pushing block, right middle punch, left middle punch, right high punch, right round kick, double outer forearm block.
5. Left front kick, right sidekick, right knife hand strike, double outer forearm block.

