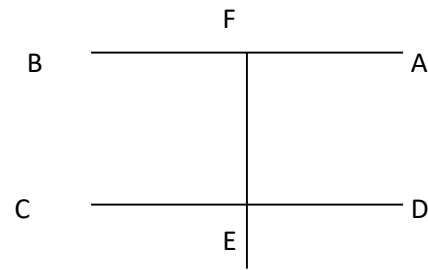




## Basic Form-20 Moves

Meaning: First Form



Begin at Point F facing toward point E

1. Left foot out toward A in a front stance. Left arm low section block
2. Step out right foot toward A in a front stance. Right hand mid section punch
3. Right foot back to left, pivot toward B, step out with right foot in a front stance, right arm low section block.
4. Step forward with left foot in a front stance, left hand mid section punch
5. Left foot back back to right foot, pivot toward E. Step out with left foot in a front stance, left arm low section block.
6. Step forward with right foot in a front stance, right hand mid section punch.
7. Step forward with left foot in a front stance, left hand mid section punch.
8. Step forward with right foot in front stance, right hand mid section punch.
9. Bring left foot up to right, pivot counterclockwise towards C. Left foot forward front stance, left arm low section block.
10. Step forward with right foot in a front stance, mid section punch with right hand.
11. Right foot back to left foot, pivot clockwise toward D. Step out with right foot into a front stance, right arm low section block.
12. Step forward with left foot into a front stance, mid section punch with left hand.
13. Left foot back to right foot, pivot counterclockwise toward F, step out with left foot into a front stance, left arm low section block.
14. Step forward with right foot into a front stance, mid section punch with right hand
15. Step forward with left foot into a front stance, left hand mid section punch.
16. Step forward with right foot into a front stance, right hand mid section punch.
17. Left foot steps up to right foot, pivot counterclockwise toward A. Left foot steps out into a front stance, left arm low section block.
18. Right foot steps forward into a front stance, mid section punch.
19. Right foot steps back to left foot, pivot clockwise toward B. Right foot steps out into a front stance, right hand low section block.
20. Step forward with left foot into a front stance, left hand mid section punch.

Bring left foot back to right, facing point E.