

# Han Moo Kwan Tae Kwon Do

## Kibon Four



Kibon Four is expected to be demonstrated by all students who are testing at any rank. It is assumed here that all stances and techniques for this form have been taught as well as the “I” pattern explained. The techniques in Kibon Four are executed from an Attack Stance or a Cat Stance. If not explicitly stated, the default stance is an Attack Stance.

The basic variation seen in Kibon Four and introduced in previous forms is:

- Cat Stance Medium Block

The two (2) new moves, techniques, or variations to techniques introduced in Kibon Four are:

- Cat Stance High Block
- Rear Leg Front Kick

Key challenges of Kibon Four include:

- Control of kicks
- Set into stances
- Stay grounded in Cat Stance during High Block
- Focus energy (force) and movements in one direction

- Instructor calls: Kibon Four
- Enter Attention Stance



- Instructor calls: Ready

# Han Moo Kwan Tae Kwon Do Kibon Four



- Slide Left foot out to the Left;  
Enter Ready Stance



- Instructor calls: Begin
- 1. Turn 90 Degrees to the Left;  
Execute Left Cat Stance  
Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Four



2. Stance remains the same;  
Execute Left High Block



3. Execute Right Rear Leg Front Kick while lowering Left arm to a guard position in front of the body



# Han Moo Kwan Tae Kwon Do Kibon Four



4. Right foot Sets into Right Attack Stance; Execute Right Attack Punch



5. Turn 180 Degrees to the Right; Execute Right Cat Stance Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Four



6. Stance remains the same;  
Execute Right High Block



7. Execute Left Rear Leg Front Kick while lowering Right arm to a guard position in front of the body



## Han Moo Kwan Tae Kwon Do Kibon Four



8. Left foot Sets into Left Attack Stance; Execute Left Attack Punch



9. Turn 90 Degrees to the Left; Execute Left Cat Stance Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Four



10. Stance remains the same;  
Execute Left High Block



11. Execute Right Rear Leg Front Kick while lowering Left arm to a guard position in front of the body



# Han Moo Kwan Tae Kwon Do Kibon Four



- 12. Right foot Sets into Right Attack Stance; Execute Right Attack Punch



- 13. Execute Left Rear Leg Front Kick





# Han Moo Kwan Tae Kwon Do Kibon Four



14. Left foot Sets into Left Attack Stance; Execute Left Attack Punch



15. Execute Right Rear Leg Front Kick



## Han Moo Kwan Tae Kwon Do Kibon Four



16. Right foot sets into Right  
Attack Stance; Execute Right  
Attack Punch



17. Turn 270 Degrees to the Left;  
Execute Left Cat Stance  
Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Four



18. Stance remains the same;  
Execute Left High Block



19. Execute Right Rear Leg Front  
Kick while lowering Left arm  
to a guard position in front of  
the body



## Han Moo Kwan Tae Kwon Do Kibon Four



20. Right foot Sets into Right Attack Stance; Execute Right Attack Punch



21. Turn 180 Degrees to the Right; Right Cat Stance Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Four



22. Stance remains the same;  
Execute Right High Block



23. Execute Left Rear Leg Front  
Kick while lowering Right  
arm to a guard position in  
front of the body



# Han Moo Kwan Tae Kwon Do Kibon Four



24. Left foot Sets into Left Attack Stance; Execute Left Attack Punch



25. Turn 90 Degrees to the Left; Execute Left Cat Stance Medium Block



# Han Moo Kwan Tae Kwon Do Kibon Four



26. Stance remains the same;  
Execute Left High Block



27. Execute Right Rear Leg Front  
Kick while lowering Left arm  
to a guard position in front of  
the body



## Han Moo Kwan Tae Kwon Do Kibon Four



28. Right foot Sets into Right Attack Stance; Execute Right Attack Punch



29. Execute Left Rear Leg Front Kick





# Han Moo Kwan Tae Kwon Do Kibon Four



30. Left foot sets into Left Attack Stance; Execute Left Attack Punch



31. Execute Right Rear Leg Front Kick



## Han Moo Kwan Tae Kwon Do Kibon Four



32. Right foot Sets into Right Attack Stance; Execute Right Attack Punch with a Kiyup!



33. Turn 270 Degrees to the Left; Execute Left Cat Stance Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Four



34. Stance remains the same;  
Execute Left High Block



35. Execute Right Rear Leg Front  
Kick while lowering Left arm  
to a guard position in front of  
the body



# Han Moo Kwan Tae Kwon Do Kibon Four



- 36. Right foot Sets into Right Attack Stance; Execute Right Attack Punch



- 37. Turn 180 Degrees to the Right; Execute Right Cat Stance Medium Block



# Han Moo Kwan Tae Kwon Do Kibon Four



38. Stance remains the same;  
Execute Right High Block



39. Execute Left Rear Leg Front  
Kick while lowering Right  
arm to a guard position in  
front of the body



# Han Moo Kwan Tae Kwon Do Kibon Four



40. Left foot Sets into Left Attack Stance; Execute Left Attack Punch



41. Stance remains the same; Hold for a moment



## Han Moo Kwan Tae Kwon Do Kibon Four



42. Turn 90 Degrees to the Left;  
Enter Ready Stance



- Instructor calls: Relax

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