

# Han Moo Kwan Tae Kwon Do

## Kibon Hyung



Kibon Hyung 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. All techniques in Kibon Hyung are executed from an Attack Stance.

The five (5) new techniques, transitions, or variations introduced in Kibon Hyung are:

- 90 Degree turn from Ready Stance to Attack Stance
- 90 Degree turn from Attack Stance to Attack Stance
- 180 Degree turn from Attack Stance to Attack Stance
- 270 Degree turn from Attack Stance to Attack Stance
- 90 Degree turn from Attack Stance to Ready Stance

Key challenges of Kibon Hyung include:

- Effectively turn in Attack Stance
- Make use of a turn in an Attack Stance
- Turning in Attack Stance while maintaining a ground
- Basic 1-2 combination
- Focus energy (force) and movements in one direction

- Instructor calls: Kibon Hyung
- Enter Attention Stance



- Instructor calls: Ready

# Han Moo Kwan Tae Kwon Do Kibon Hyung



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



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



## Han Moo Kwan Tae Kwon Do Kibon Hyung



2. Right foot Steps Forward while raising Left arm to a guard position in front of body; Execute Right Attack Punch



3. Turn 180 Degrees to the Right; Execute Right Low Block



## Han Moo Kwan Tae Kwon Do Kibon Hyung



4. Left foot Steps Forward while raising Right arm to a guard position in front of body;  
Execute Left Attack Punch



5. Turn 90 Degrees to the Left;  
Execute Left Low Block





## Han Moo Kwan Tae Kwon Do Kibon Hyung



6. Right foot Steps Forward while raising Left arm to a guard position in front of body; Execute Right Attack Punch



7. Left foot Steps Forward; Execute Left Attack Punch



## Han Moo Kwan Tae Kwon Do Kibon Hyung



8. Right foot Steps Forward;  
Execute Right Attack Punch



9. Turn 270 Degrees to the Left;  
Execute Left Low Block



# Han Moo Kwan Tae Kwon Do Kibon Hyung



## Han Moo Kwan Tae Kwon Do Kibon Hyung



10. Right foot Steps Forward  
while raising arm to a guard  
position in front of body;  
Execute Right Attack Punch



11. Turn 180 Degrees to the  
Right; Execute Right Low  
Block





## Han Moo Kwan Tae Kwon Do Kibon Hyung



12. Left foot Steps Forward while  
raising Right arm to a guard  
position in front of body;  
Execute Left Attack Punch



13. Turn 90 Degrees to the Left;  
Execute Left Low Block



## Han Moo Kwan Tae Kwon Do Kibon Hyung



14. Right foot Steps Forward  
while raising Left arm to a  
guard position in front of  
body; Execute Right Attack  
Punch



15. Left foot Steps Forward;  
Execute Left Attack Punch



## Han Moo Kwan Tae Kwon Do Kibon Hyung



16. Right foot Steps Forward;  
Execute Right Attack Punch  
with a Kiyup!



17. Turn 270 Degrees to the Left;  
Execute Left Low Block



# Han Moo Kwan Tae Kwon Do Kibon Hyung





## Han Moo Kwan Tae Kwon Do Kibon Hyung



18. Right foot Steps Forward while raising Left arm to a guard position in front of body; Execute Right Attack Punch



19. Turn 180 Degrees to the Right; Execute Right Low Block



## Han Moo Kwan Tae Kwon Do Kibon Hyung



20. Left foot Steps Forward while  
raising Right arm to a guard  
position in front of body;  
Execute Left Attack Punch



21. Stance remains the same;  
Hold for a moment



## Han Moo Kwan Tae Kwon Do Kibon Hyung



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



- Instructor calls: Relax

[www.hanmookwan.org](http://www.hanmookwan.org)

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