

Han Moo Kwan Tae Kwon Do Kibon One



Kibon One is expected to be demonstrated by 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 One are executed from an Attack Stance or a Cat Stance. If not explicitly stated, the default is an Attack Stance.

The six (6) new moves, techniques, or variations to techniques introduced in Kibon One are:

- 90 Degree turn from Ready Stance into Cat Stance
- 90 Degree turn from Attack Stance into Cat Stance
- 180 Degree turn from Attack Stance into Cat Stance
- 270 Degree turn from Attack Stance into Cat Stance
- Cat Stance Medium Block
- Stance transition: Cat Stance to Attack Stance

Key challenges of Kibon One include:

- Effectively rotate and turn in cat stance
- Make use of a turn in a cat stance
- Linear transition from cat stance to attack stance
- Lower the cat stance to match the height of the attack stance
- Basic one-two combination
- Focus energy (force) and movements in one direction

- Instructor calls: Kibon One
- Enter Attention Stance



- Instructor calls: Ready

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- 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



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



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



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



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



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



7. Left foot Steps Forward; Execute Left Attack Punch



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8. Right foot Steps Forward;
Execute Right Attack Punch



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



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



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



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



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



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



15. Left foot Step Forwards; Execute Left Attack Punch



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



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



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



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



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



21. Stance remains the same,
Hold for a moment



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



- Instructor calls: Relax

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