

Han Moo Kwan Tae Kwon Do

Kibon Three



Kibon Three 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 “T” pattern explained. All techniques in Kibon Three are executed from a Cat Stance.

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

- Cat Stance Medium Block

The five (5) new moves, techniques, or variations to techniques introduced in Kibon Three are:

- 90 Degree turn from Cat Stance to Cat Stance
- 180 Degree turn from Cat Stance to Cat Stance
- 270 Degree turn from Cat Stance to Cat Stance
- Cat Stance Forward Punch
- Cat Stance Front Kick

Key challenges of Kibon Three include:

- Maintain set in Cat Stance
- Keep shoulders and hips square
- Control and manage the force and speed of the kicks outward and retracting
- Turning in Cat Stance
- Focus energy (force) and movements in one direction

- Instructor calls: Kibon Three
- Enter Attention Stance



- Instructor calls: Ready

Han Moo Kwan Tae Kwon Do Kibon Three



- 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 Three



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



3. Stance remains the same; Execute Right Front Kick



Han Moo Kwan Tae Kwon Do Kibon Three



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



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



Han Moo Kwan Tae Kwon Do Kibon Three



6. Stance remains the same;
Execute Left Front Kick



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



Han Moo Kwan Tae Kwon Do Kibon Three



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



9. Stance remains the same; Execute Right Front Kick



Han Moo Kwan Tae Kwon Do Kibon Three



10. Left foot Steps Forward;
Execute Left Cat Stance
Forward Punch



11. Stance remains the same;
Execute Left Front Kick



Han Moo Kwan Tae Kwon Do Kibon Three



12. Right foot Steps Forward;
Execute Right Cat Stance
Forward Punch



13. Stance remains the same;
Execute Right Front Kick



Han Moo Kwan Tae Kwon Do Kibon Three



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



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



Han Moo Kwan Tae Kwon Do Kibon Three



16. Stance remains the same;
Execute Right Front Kick



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



Han Moo Kwan Tae Kwon Do Kibon Three



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



19. Stance remains the same;
Execute Left Front Kick



Han Moo Kwan Tae Kwon Do Kibon Three



20. Turn 90 Degree to the Left;
Execute Left Cat Stance
Medium Block



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



Han Moo Kwan Tae Kwon Do Kibon Three



22. Stance remains the same;
Execute Right Front Kick



23. Left foot Steps Forward;
Execute Left Cat Stance
Forward Punch



Han Moo Kwan Tae Kwon Do Kibon Three



24. Stance remains the same;
Execute Left Front Kick



25. Right foot Steps Forward;
Execute Right Cat Stance
Forward Punch



Han Moo Kwan Tae Kwon Do Kibon Three



26. Stance remains the same,
Execute Right Front Kick
with a Kiyup!



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



Han Moo Kwan Tae Kwon Do Kibon Three



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



29. Stance remains the same; Execute Right Front Kick



Han Moo Kwan Tae Kwon Do Kibon Three



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



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



Han Moo Kwan Tae Kwon Do Kibon Three



32. Stance remains the same;
Execute Left Front Kick



33. Set Left foot down into Cat
Stance; Hold for a moment



Han Moo Kwan Tae Kwon Do Kibon Three



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



- Instructor calls: Finish

www.hanmookwan.org

Neither the author nor the Han Moo Kwan Association assumes any responsibility for the use or misuse of the information contained within this instructional document.

Unpublished work © 2008-2011 Kelly McInerney.
All rights reserved including the right of reproduction in whole or in part in any form.