

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 "I" 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



o Instructor calls: Ready



Slide Left foot out to the Left;
Enter Ready Stance



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





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







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





6. Stance remains the same; Execute Left Front Kick



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





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







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







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



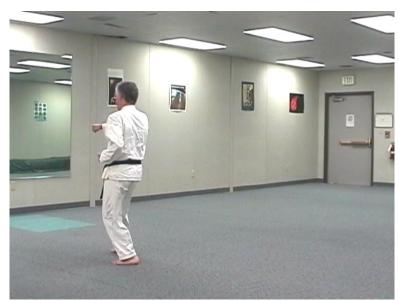




14. Turn 270 Degrees to the Left; Execute Left Cat Stance Medium Block



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





16. Stance remains the same; Execute Right Front Kick



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





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







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





22. Stance remains the same; Execute Right Front Kick



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





24. Stance remains the same; Execute Left Front Kick



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





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





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







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





32. Stance remains the same; Execute Left Front Kick



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





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



Instructor calls: Finish

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