

# Han Moo Kwan Tae Kwon Do

## Kibon Two



Kibon Two 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 Two 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 Two and introduced in previous forms is:

- Cat Stance Medium Block

The one new move introduced in Kibon Two is:

- Stance transition: Attack Stance to Cat Stance, without a step

Key challenges of Kibon Two for the beginner student:

- Straight linear transition from Cat Stance to Attack Stance
- Staying level in the transition from Attack Stance to Cat Stance
- Proper Medium Block arm motion
- Focus energy (force) and movements in one direction

- Instructor calls: Kibon Two
- Enter Attention Stance



- Instructor calls: Ready

# Han Moo Kwan Tae Kwon Do Kibon Two



- 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 Two



2. Slide Left Foot over into Cat Stance; Execute Left Cat Stance Medium Block



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



## Han Moo Kwan Tae Kwon Do Kibon Two



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



5. Slide Right Foot over into Cat Stance; Execute Right Cat Stance Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Two



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



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



# Han Moo Kwan Tae Kwon Do Kibon Two



8. Slide Left Foot over into Cat Stance; Execute Left Cat Stance Medium Block



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



# Han Moo Kwan Tae Kwon Do Kibon Two



10. Left foot Steps Forward;  
Execute Left Attack Punch



11. Right foot Steps Forward;  
Execute Right Attack Punch



## Han Moo Kwan Tae Kwon Do Kibon Two



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



13. Slide Left Foot over into Cat  
Stance; Execute Left Cat  
Stance Medium Block





## Han Moo Kwan Tae Kwon Do Kibon Two



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



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



## Han Moo Kwan Tae Kwon Do Kibon Two



16. Slide Right Foot over into Cat Stance; Execute Right Cat Stance Medium Block



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



## Han Moo Kwan Tae Kwon Do Kibon Two



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



19. Slide Left Foot over into Cat  
Stance; Execute Left Cat  
Stance Medium Block



# Han Moo Kwan Tae Kwon Do Kibon Two



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



- 21. Left foot Steps Forward; Execute Left Attack Punch



## Han Moo Kwan Tae Kwon Do Kibon Two



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



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



## Han Moo Kwan Tae Kwon Do Kibon Two



24. Slide Left Foot over into Cat Stance; Execute Left Cat Stance Medium Block



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



# Han Moo Kwan Tae Kwon Do Kibon Two



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



27. Slide Right Foot over into Cat Stance; Execute Right Cat Stance Medium Block



## Han Moo Kwan Tae Kwon Do Kibon Two



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



29. Stance remains the same;  
Hold for a moment





## Han Moo Kwan Tae Kwon Do Kibon Two



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



- Instructor calls: Relax

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