Ki Cho Sam

Ki Cho Sam: Means Foundation Three. It represents the third (Sam) step being taken as the dawn of a new day begins. **The Yellow Belt** symbolizes the sun shining down onto the earth, revealing the complete foundation to the path.

New Blocks: Single Knifehand Outer Forearm Block; Double Knifehand Outer Forearm Block
New Strikes: Vertical Punch; Horizontal Spearhand
New Kicks: # 3, # 4 Jump Front Kick, # 2 Inner Crescent Kick
New Stances: Walking Stance

FORM:

Ready Stance: Traditional Ready Stance

1. Step forward with left foot into right Back Stance, Double Knife Hand Block.
2. No step, right Reverse Horizontal Spearhand to neck.
3. Shift left foot into left Front Stance, right Knifehand Outer Forearm Block.
4. No step, left Vertical Punch to body.
5. # 2 right Front Kick.
6. Land in right Walking Stance, left Reverse Punch to body.
7. # 3 right Jump Front Kick.
8. Land in right Front Stance, left Reverse Horizontal Spearhand to neck.
9. Turn with left foot 180 degrees to the left into right Back Stance, left Knifehand Strike.
10. # 2 right Inner Crescent Kick.
11. Land in Middle Stance, and in continuous motion, # 3 right Side Kick.
12. Land in Middle Stance, right Backfist to head. **KIHAP.**
13. Turn with right foot 90 degrees to the right into left Back Stance, Double Knifehand Block.
14. No step, left Reverse Horizontal Spearhand to neck.
15. Shift right foot into right Front Stance, left Knifehand Outer Forearm Block.
16. No step, right Vertical Punch to body.
17. # 2 left Front Kick.
18. Land in left Walking Stance, right Reverse Punch to body.
19. # 3 left Jump Front Kick.
20. Land in left Front Stance, right Reverse Horizontal Spearhand to neck.
21. Step with right foot 90 degrees to the right into left Back Stance, right Knifehand Strike.
22. # 2 left Inner Crescent Kick.
23. Land in Middle Stance, and in continuous motion, # 3 left Side Kick.
24. Land in Middle Stance, left Backfist to head. **KIHAP.**

End: Right foot returns to Traditional Ready Stance.

ONE-STEPS:

1. Step with right foot into right Front Stance, left Knifehand Outer Forearm Block. No step, right Vertical Lunge Punch to mid-section. # 1 right Front Kick, landing feet together. Left Front Kick. Left foot lands next to the right foot, and right foot steps back into right Back Stance, Double Outer Forearm Block. **KIHAP.**

2. Step with left foot into right Back Stance, Double Knifehand Outer Forearm Block. No step, right Horizontal Spearhand to neck. # 4 right Jump Front Kick. Right foot lands next to left foot, and left foot steps back into left Back Stance, Double Outer Forearm Block. **KIHAP.**

3. Right Inner Crescent Kick, landing feet together. # 1 right Side Kick, land in Middle Stance, right Backfist to head. Right foot steps to left foot, and left foot steps back into left Back Stance, Double Outer Forearm Block. **KIHAP.**

KNOWLEDGE:

The student must know the following:

- ✓ Name of the Form
- ✓ What the name of the Form means
- ✓ What the Form represents
- ✓ What the belt symbolizes
- ✓ How many moves in the Form
- ✓ Where the Kihaps are (by number)
- ✓ New blocks (all)
- ✓ New strikes (all)
- ✓ New kicks (all)
- ✓ New stances (all)