Written Instructions for Taekwondo Form 1 - Taegeuk Il Jang

Broken down by Tip Requirements  
***Tip 1***  
Start in the Ready or "Joon Bi" stance  
Turn left 90 degrees into a walking stance with left foot forward, left low block  
Step forward into walking stance with right foot forward, right hand middle punch  
Turn right 180 degrees into a walking stance with right foot forward, right low block  
Step forward into walking stance with left foot forward, left hand middle punch  
Turn left 90 degrees into a front stance with left foot forward, left low block, right middle punch

***Tip 2***  
Turn right 90 degrees into a walking stance with right foot forward, left inside block  
Step forward into walking stance with left foot forward, right hand middle punch  
Turn left 180 degrees into a walking stance with left foot forward, right inside block  
Step forward into walking stance with right foot forward, left hand middle punch  
Turn right 90 degrees into a front stance with right foot forward, right low block, left middle punch

***Tip 3***  
Turn left 90 degrees into a walking stance with left foot forward, left high block  
Right front kick, foot placed down into walking stance with right foot forward, right middle punch  
Turn right 180 degrees into a walking stance with right foot forward, right high block  
Left front kick, foot placed down into walking stance with left foot forward, left middle punch

***Tip 4***  
Turn right 90 degrees into a front stance with left foot forward, left low block  
Step forward into a front stance with right foot forward, right middle punch  
Yell Kihap!