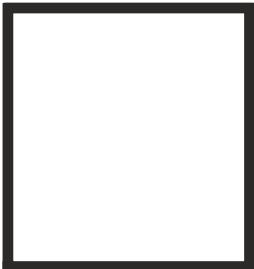


**Yong Ki - Brown Belt Form**  
**Meaning - Courage**

	Side	Movement Name	Yong Ki Courage 45 Movements 7,21,34,42	Section	Stance
1	Both	Twin Ridge hand Block		Middle	Parallel
2	Both	Twin Knife hand Low Block		Low	Back
3	Both	Knife Hand X-Block		Middle	Back
4	R	Circle		Middle	Back
5	R	Reverse Punch		Middle	Back
6	R	Counter Back Fist		High	X-Stance
7	L	Reverse Hook Kick		M or H	
8	R	Rear Leg Side Kick		M or H	
9	L	Double Knife Hand Block		Middle	Back
10	R	Knife Hand Strike		High	Close
11	R	Side Kick		M or H	
12	R	Outer Forearm Strike		Middle	Middle
13	R	Up set Palm Heel Strike		Middle	Middle
14	R	Knife Hand Strike		Middle	Middle
15	L	Reverse Punch		Front	Front
16	L	Pressing Kick		Low	
17	R	Double Outer Forearm Block		Middle	Back
18	L	Spin Heel Kick		M or H	
19	L	Spin Heel Kick		M or H	
20	R	Jump Front Kick		M or H	
21	R	Step Spin Heel Kick		M or H	
22	R	Double Outer Forearm Block		Low	Back
23	Both	Twin Knife Hand Low Block		Low	Back
24	Both	Knife Hand X-Block		Middle	Back
25	L	Circle		Middle	Back
26	L	Reverse Punch		Middle	Back
27	L	Counter Back Fist		High	X-Stance
28	L	Hook Kick		M or H	
29	L	Round Kick		M or H	
30	L	Hook Kick		M or H	
31	L	Round Kick		M or H	
32	L	Side Kick		M or H	
33	R	Reverse Upset Spear Hand		Low	Front
34	Both	High Low Block		L & H	One Leg
35	L	Outer Forearm Strike		Middle	Middle
36	L	Up set Palm Heel Strike		Middle	Middle
37	L	Knife Hand Strike		Middle	Middle
38	R	Reverse Punch		Stance	Front
39	R	Pressing Kick		Low	
40	L	Double Outer Forearm Block		Middle	Back
41	R	Spin Heel Kick		M or H	
42	R	Spin Heel Kick		M or H	
43	L	Jump Front Kick		M or H	
44	L	Step Spin Heel Kick		M or H	
45	L	Double Outer Forearm Block		Low	Back