

## Form 1:

### Infant Phoenix is Born

Step	Action	Side
	Starting Stance (開站) Kāi jàn Bow = Cup-Fist (抱拳) bào chuán	
1	Official fighting stance (正式打站) Jèong shì dǎ jàn	R
2	Out > In Crescent kick, hands in official fighting position	R
3	In > Out Crescent kick, hands in official fighting position	R
4	Horse step (馬步) Mǎ Bù, with punch (face left)	R
5		L
6	Repeat previous three steps on LEFT side	L
7		L
8	Ginga (left foot back)	L
9	Front High kick	L
10	Ginga (left foot back)	L
11	Face to left, bring up left foot chamber, hands in official fighting position	L
12	Front Snap kick, return to chamber position (land with left foot forward)	L
13	Front Punch (LH) & Block (RH) combo	
14	Front punch (RH) & Block (LH) combo	
15	Slide right/rear foot, left hand on left shoulder, right hand over, turn right 180	
16	Rear punch (LH) & Block (RH) combo	
17	(Tang Soo Do) Hammer Fist (RH) & Block (LH) combo & YELL (Kee-ap)	
18	Turn/Face left	L
19	Cross hands (X) Left over Right	
20	Back fall "defensive" (Ushiro Ukemi)	
21	Double Leg stomp upward	
22	Sit up, left foot under right leg, right hand backward, block with left hand	
23	Push backward, move right leg back, stand	R
24	Recover into official fighting stance	R
25	Bow = Cup-Fist (抱拳) bào chuán	