



Rules of Forms

- Practice doesn't make perfect, perfect practice makes perfect
- Go slow and you will learn fast, go fast and you will learn slow
- Practice every movement with 100% focus and concentration
- A form with poor stances is like a house built on quicksand...pointless
- Follow your heart, left foot always steps out to ready position
- Don't hold your breath. Inhale on chambers and exhale on execution
- Look first, then chamber, then move
- Relax between movements and pause 1 second between unless it is double speed
- Keep your eyes always on your imaginary opponent
- Keep your head level and don't bounce up and down
- Transfer power through hand foot timing
- Balance when kicking, return your foot to the ground on your own time, not because it fell
- Use impact moves and power chambers for dramatic pause effect. Stare down your opponent
- Kihap like you mean it
- Hold your last move until the instructor gives you the rest command
- The last foot that moved returns to ready position