

**AMERICAN KANG DUK WON KARATE ~ Bo Form "Shou Lei Gan" / 2010**

C  
A        x        B  
D

BASIC OUTLINE OF FORM

Chunbi: Bow in

**To A:**

LFS / LDB

RFS / thrust (mid-section)

**To B:**

RFS / RDB

LFS / L Thrust (mid-section)

**To C:**

LFS / Mid-level swing block (as step is made to front)

RFS / RCB (arc l to r)

LFS / L upper chin strike (l lead hand, r hand shoulder)

RFS / R overhead strike **KIHAP!**

**To B:**

LFS / L slashing strike (as step is made to B)

RFS / triple hip level strike (push with l-r-l hand)

(Bo stays hip level) LCK / LFS R overhead strike

**To A:**

RFS / R slashing strike (as step is made to A)

LFS / triple hip level strike (push with r-l-r hand)

(Bo stays hip level) RCK / RFS L overhead strike

**To D:**

LBS / pushing block (l hand low, r hand high)

RFS / overhead strike-chin strike-overhead strike (r-l-r)

LFS / overhead strike-chin strike-overhead strike (l-r-l)

RFS / R overhead strike **KIHAP!**

**To A:**

LFS / LDB

RFS / thrust (mid-section)

**To B:**

RFS / RDB

LFS / L Thrust (mid-section)

**To C:**

L Cat Stance / (draw bo over right shoulder) Crushing strike.

Chunbi: (l to r) Bow out.