

The Thirty-Two Basic Forms of American Kang Duk Won

Basic Form One: *Down Block/Front Stance*

Slide left leg forward to form Left Front Stance. Simultaneously bring left fist to right shoulder with palm facing right ear or neck. Bring right arm diagonally across body until right fist is near or over left leg (Figure 1). Bring left arm down in a sweeping motion across front of body and rotate left fist to palm down position (approximately three to six inches over left leg). Simultaneously bring right fist up to right chamber with palm up. The blocking surface is the outside portion of forearm (Figure 2). It is important that both fists should snap and tighten as they rotate, one to two inches before point of contact or final position.

NOTE: Blocking arm always travels outside of guarding arm unless specified otherwise.

This technique is also executed on the command “Prepare for Basic Forms.”



Figure 1

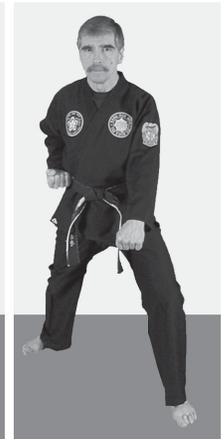


Figure 2

Basic Form Two: *Center Block/Front Stance*

Slide left leg forward to form Left Front Stance. Bring left fist across body down to about belt level, palm facing slightly down. Simultaneously bring right fist across chest about shoulder level with palm facing body (Figure 1). Bring left arm up across front of body until left fist is shoulder high and left elbow is about three inches (about one fist’s distance) away from body. Left elbow should be at a 90° angle. Simultaneously bring right fist down to right chamber, rotating fist palm up, as left fist rotates to final position with palm facing body (Figure 2). As stance is completed, both fists should snap and tighten as they rotate to final position or point of contact. The blocking surface is the inside portion of the left forearm. This block is also called an Inside Block.

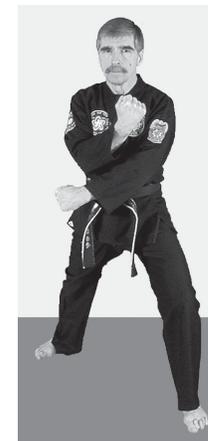


Figure 1

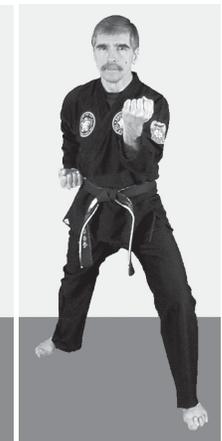


Figure 2

Basic Form Three: *High Block/Front Stance*

Slide left leg forward to form Left Front Stance. Bring left fist across body slightly higher than belt level with left fist facing body. Simultaneously bring right fist across chest about shoulder height with palm facing body (Figure 1). Bring left arm upward in front of body until left forearm is above head at about a 45° angle and palm is facing out. Simultaneously bring right fist down to right chamber with palm up (Figure 2). Both fists should snap and tighten as they rotate to final position or point of contact. The blocking surface is the outside portion of the left forearm.

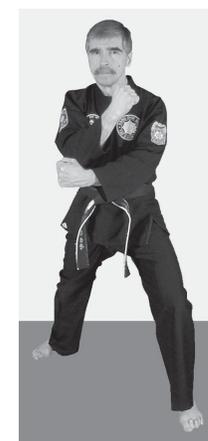


Figure 1

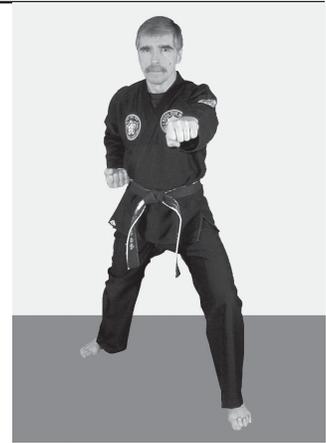


Figure 2

Chapter 7: *Basic Forms*

Basic Form Four: *Center Punch/Front Stance*

Slide left leg forward to form Left Front Stance. Right hand is usually kept in guarding position in front of body while moving into stance. Just as the stance is completed, execute Left Lunge Punch by bringing left fist from left chamber to middle punch position, bringing right fist back to right chamber. Both fists rotate simultaneously, left fist to palm down position and right fist to palm up position (Figure 1). The striking surface is the two large knuckles of the left hand. The punch is not released until front foot stops moving and stance is completed.



Basic Form Five: *Outside Block/Front Stance*

Slide left leg forward to form Left Front Stance. Simultaneously bring left fist up by left ear with palm facing forward. The left elbow is cocked back and the body should twist slightly. At the same time bring right fist across chest in guarding motion (Figure 1). Bring left arm down as upper body twists and rotate left fist around with a snapping motion to a palm facing body position. Left arm is in line with left leg. The left elbow should be about six inches (two fists' distance) away from the body with left fist about chin high. Simultaneously bring right fist to right chamber with palm up (Figure 2). Both fists should snap and tighten as they rotate to the final position or point of contact. The blocking surface is the outside portion of the left forearm.



Figure 1

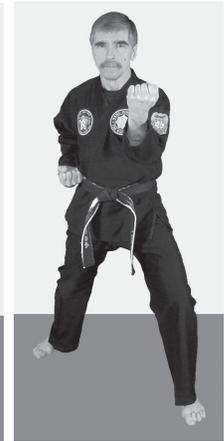


Figure 2

Basic Form Six: *Outside Block/Back Stance*

Slide left leg forward to form Left Back Stance. Simultaneously bring left fist up by left ear with palm facing forward. The left elbow is cocked back and the body should twist slightly. At the same time bring right fist across chest in guarding motion (Figure 1). Bring left arm down as upper body twists and rotate left fist around with a snapping motion to a palm facing body position. Left arm is in line with left leg. The left elbow should be about six inches (two fists' distance) away from body with left fist about chin high. Simultaneously bring right fist to right chamber with palm up (Figure 2). Both fists should snap and tighten as they rotate to the final position or point of contact. The blocking surface is the outside portion of the left forearm.



Figure 1



Figure 2