

The Blue Wave Taekwondo Association – Student Manual  
**KIBON Sa – Basic Movement number 4**



1. Start in Joon Bi



2. Step out into kicking stance at a 45° angle with your left leg forward.



3. Do front stretch kick with your right leg.



4. Return to original kicking stance



5. Perform Front Kick with your right leg



6. Set right foot down next to left, and prepare to step back with left.



7. Step back with left leg into kicking stance



8. Perform left leg stretch kick.



9. Return to kicking stance with left leg back

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10. Perform left leg front kick  
- KIHAP



11. Put left foot down next to right and prepare to step out.



12. Step out at 45° with right foot into Kicking Stance



13. Perform left leg stretch kick



14. Return to kicking stance with left foot back



15. Perform left leg front kick.



16. Place left foot next to right; prepare to step back with right foot.



17. Step back with right foot into kicking stance.



18. Perform a right leg stretch kick

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19. Return to right foot back kicking stance.



20. Perform a right leg front kick - KIHAP



21. Put right foot down next to left and prepare to step out.



22. Step out at 45° with left foot forward into kicking stance.



23. Pull left foot back into Ba Ro position.