Form 1

1. Stand at attention and bow. Announce your form, “Form Number One”. Step to ready position.
2. Step forward into a forward stance and punch (punching hand in the same side as the foot you step forward with). Your other hand is tight in a fist back by your ribs.
3. Step forward with your back foot into a forward stance, switching to punch with your new hand as your new foot lands in a forward stance.
4. Step forward again with your back foot into a forward stance, switching to punch with your new hand as your new foot lands in a forward stance. This is your third punch moving forward and this means you also do a loud karate yell when you punch.
5. Now, we repeat what we just did, but towards the back of the room. Turn and look over your back leg towards the back of the room. Turn to the back and land in a forward stance and punch (again, punching hand is the same side as the foot that is forward in your forward stance).
6. Step forward towards the back of the room with your back foot into a forward stance, switching to punch with your new hand as your new foot lands in a forward stance.
7. Step forward towards the back of the room one more time with your back foot into a forward stance, switching to punch with your new hand as your new foot lands in a forward stance. This is your third punch moving towards the back of the room, and last move of the form, and this means you also do a loud karate yell when you punch.
8. Turn towards the front in your ready position.
9. Bring feet together and bow.

Tips for a Great Form

* Take your time! There should be a 1-2 second pause after each punch.
* Be speedy- to each single move, not speedy through the whole form.
* Be accurate- punch to the center of the body each time.
* Be strong- a solid forward stance will make your punch stronger.
* Be focused and confident- use a serious focused face and take a few focus breaths before you begin.
* Have fun! Great work challenging yourself and building up your body and mind! 👍