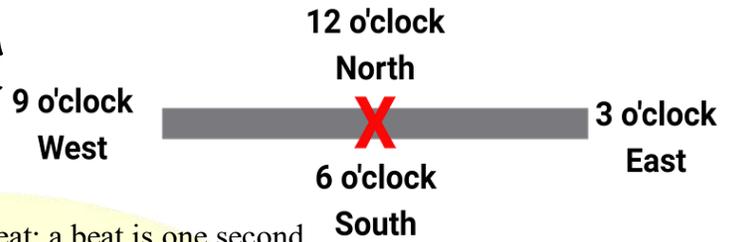


Silla Hyeong Cho Dan

신라 형 초단 新羅型初段

KIDO KWAN FORM #1



Pattern Timing is Standard; timing is one movement per beat; a beat is one second.

Number of Moves: 18

Ready/End Posture: Natural Ready Stance at “X” facing 12N.

#	DIRECTION	STANCE	TECHNIQUE	FACING
1	Facing 9W stepping back to 3E w/right	Left Forward 왼 앞굽이 서기 wen Ap Gubi Seogi	Left Low Block 왼 아래 막기 wen arae makkki	Half
2	Facing 9W no step	Left Forward 왼 앞굽이 서기 wen Ap Gubi Seogi	Right Reverse Middle Punch 오른 몸통바로 지르기 oren momtong-baro-jirugi	Full
3	Facing 9W stepping to the rear	Right Forward 오른 앞 굽이 서기 oren ap kubi Seogi	Right Low Block 오른 아래 막기 oren arae makkki	Half
4	Facing 9W no step	Right Forward 오른 앞 굽이 서기 oren ap kubi Seogi	Left Reverse middle punch 왼 몸통바로 지르기 wen momtong-baro-jirugi	Full
5	Facing 9W	Right Leg Stance 오른 구부려 서기 oren Guburyo Seogi	Left #2 Front Middle Kick 왼 몸통 뒤 앞차기 wen momtong-dwi-ap chagi	Full
6	3E stepping to 9W to the rear w/left foot	Left L-Stance 왼 뒷굽이 서기 wen Dwi Kubi Seogi	Right inner forearm block 오른 안 팔목 바깥 막기 oren an palmok bakkat makkki	Half
7	3E No step shift into forward stance	Right Forward 오른 앞 굽이 서기 Oren ap kubi Seogi	Left High Reverse Punch 왼 올려 바로 지르기 wen olgul-baro-jirugi	Full
8	3E Stepping to 9W to the rear	Right L-Stance 오른 뒷굽이 서기 Oren Dwi Kubi Seogi	Left inner forearm block 왼 안 팔목 바깥 막기 wen an palmok bakkat makkki	Half
9	3E no step shift into forward stance	Left Forward 왼 앞굽이 서기 wen Ap Gubi Seogi	Right high reverse punch 오른 올려 바로 지르기 oren olgul-baro-jirugi	Full
10	Facing 3E	Left Leg Stance 왼 구부려서기 wen Guburyo Seogi	Right #2 Front Middle Kick 오른 몸통 뒤 앞차기 oren momtong-dwi-ap chagi	Full
11	12N	Sitting Stance 앉는 서기 Annun Seogi	Right Middle Punch * 오른 몸통 지르기 Oren momtong-jirugi	Full Fast Motion
12	12N	Sitting Stance 앉는 서기 Annun Seogi	Left Middle Punch * 왼 몸통 지르기 Wen momtong-jirugi	Full Fast Motion

13	9W Stepping to 9W	Right L-Stance 오른 뒷굽이 서기 Oren Dwi Kubi Seogi	Left outer forearm block 왼 바깥막기 Wen momtong-bakkat-makgi	Half Continuous Motion
14	9W	Right Leg Stance 오른 구부려 서기 oren Guburyo Seogi	Left #1 Front Middle Kick 왼 몸통 앞차기 Wen momtong-ap chagi	Full Continuous Motion
15	9W stepping back into left forward	Left Forward 왼 앞굽이 서기 wen Ap Gubi Seogi	Left High Block 왼 올려 막기 Wen Ollyae Makki	Half Continuous Motion
16	3E Stepping down to 3E	Left L-Stance 왼 뒷굽이 서기 wen Dwi Kubi Seogi	Right outer forearm block 오른 바깥 막기 Oren momtong-bakkat-makgi	Full Continuous Motion
17	3E	Left Leg Stance 왼 구부려 서기 wen Guburyo Seogi	Right #1 Front Middle Kick 오른 몸통 앞차기 Oren momtong-ap chagi	Full Continuous Motion
18	3E stepping back into right forward	Right Forward 오른 앞굽이 서기 oren Ap Gubi Seogi	Right High Block 오른 올려 막기 oren Ollyae Makki	Half Continuous Motion



NOTES:

* Ki-Ap/Shout

BLOCKS = 8 total; 2 Low Block, 2 Inner Forearm, 2 Outer Forearm, 2 High block

STRIKES/PUNCHES = 6 total; 4 middle punches, 2 high punches

KICKS = 4 total; two #2 front kicks, two #1 front kicks

STANCES = Forward Stance, L-Stance, Sitting Stance, One Leg

Movements 11 & 12 are “Fast motion”

Movements 13-15 & 16-17 are “Continuous Motion”

UPDATED

~~26JUNE2025~~ ~~02JULY2025~~ ~~12JULY2025~~ 07AUG2025



Seal of the Silla Kingdom

Silla Hyeong Cho Dan 신라형 초단 新羅型 初段

Represents the Korean Silla Kingdom 57 BC- 935 AD. Silla played a huge role historically within the martial arts of Korea and Japan, Silla known for their historic warrior youth group called Hwa Rang 화랑/花郎. Since Korean martial arts are known for their kicks, we have four kicks, two #2 (reverse) front and two #1 (front leg) front kicks in our first pattern. The embusen/yeonmunson is a straight line moving east and west, to denote the migration of the martial arts from the East to the West, and that we are one people on earth, united.