

## **Little Kicks Block Form**

- 1. Cha ryot kyung yeh (come to attention and bow)**
- 2. She chak (start)**
- 3. Jump back into a fighting stance , loud KIA**
- 4. Step forward right leg doing a HIGH BLOCK**
- 5. Step forward Left leg doing a MIDDLE BLOCK**
- 6. Step forward right leg doing a LOW BLOCK**
- 7. Step forward Left leg doing a HIGH BLOCK**
- 8. Step forward right leg doing a MIDDLE BLOCK**
- 9. Step forward left leg doing a LOW BLOCK**
- 10. Step forward right leg doing a PUNCH LOUD KIA**
- 11. Ba Ro (Step back) Cha ryot kyung yeh (come to attention and bow)**