

Intra-School Tournament Forms - Kiaps

4 WBPK:

Chun-be – Nyosh, Nyooosh
Cross Block / Punch – To
Kick / Punch – Oowsh
*Continue through rest of form

Ch'on Ji:

Chun-be – Nyosh, Nyooosh
Punch (after each block) – Oowsh
Last Forward Punch – Nyosh
Last Move – Oowsh

Tan Gun:

Chun-be - Nyosh, Nyooosh
1st Knife Guarding – Oowsh
2nd Knife Guarding – Oowsh
1st Low Block – To
3rd Forward Punch – Oowsh
Twin Rising Forearm / Punch – To
Twin Rising Forearm / Punch – To
Low Block / High Block – Nyosh / To
Last High Block – Oowsh
Punch – Nyosh
Last Move – Oowsh

To-San:

Chun-be – Nyosh, Nyooosh
Cross Block / Punch – Oowsh
Cross Block / Punch – Oowsh
Wrist Escape – Nyosh, Nyooosh
2nd Backfist – Oowsh
Cross Block / Punch – To
Cross Block / Punch – To
Kick / 2nd Punch – Nyosh / Oowsh
Kick / 2nd Punch – Nyosh / Oowsh
2nd High Block – Nyosh
Last Move – Oowsh

Won-Hyo:

Chun-be - Nyosh, Nyooosh
Twin Rising Combo – Hiyahh / Sa
Twin Rising Combo – Hiyahh / Sa
Sidekick / Knife Guarding – Nyosh / To
Vertical Spearthrust – Oowsh
Twin Rising Combo – Hiyahh / Sa
Twin Rising Combo – Hiyahh / Sa
Kick / Punch – Nyosh / To
Kick / Punch – Nyosh / To
Sidekick – Nyosh
Last Move - Oowsh

Yul-Kok:

Chun-be – Nyosh, Nyooosh
Backward Elbow - Oowsh
Dynamic Punch – Nyosh, Nyooosh
2nd Punch – To
Dynamic Punch – Nyosh, Nyooosh
2nd Punch – To
Front Kick / 2nd Punch – Nyosh / Oowsh
Front Kick / 2nd Punch – Nyosh / Oowsh
Front Hooking / Back Hooking / Punch – Nyooosh /
Nyooosh / To
Front Hooking / Back Hooking / Punch – Nyooosh /
Nyooosh / To
Sidekick / Elbow – Nyosh / Oowsh
Sidekick / Elbow – Nyosh / Oowsh
Vertical Spearthrust – To
Vertical Spearthrust – To
Cross Block / Punch – Nyosh / To
Cross Block / Punch – Nyosh / To
Flying Backfist – Nyosh
Last Move – Oowsh

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Chun-Gun:

Chun-be – Nyosh, Nyooosh
1st Inverted Ridge – Oowsh
Front Kick / Scooping Block – Nyosh / To
2nd Inverted Ridge – Oowsh
Front Kick / Scooping Block – Nyosh / To
Knife Guarding / Elbow – To
Knife Guarding / Elbow – To
Twin Upset – Oowsh
Backfist / Punch – To
Backfist / Punch – To
Sidekick / Double Forearm – Nyosh / To
Sidekick / Guarding – Nyosh / To
Slip Pressing – Nyosh / Nyooosh
Guarding – To
Slip Pressing – Nyosh / Nyooosh
Last Move – Oowsh

T'oi-Gye:

Chun-be - Nyosh, Nyooosh
Groin Strike / Scissors Block – Oowsh
Groin Strike / Scissors Block – Oowsh
X Block / Twin Punch – Nyosh / To
Front Kick / 2nd Punch – Nyosh / Oowsh
Inverted Low Guarding – Oowsh
Knee / Knife Guarding – Nyosh / To
Front Kick / Spear – Nyosh / To
Front Kick / Spear – Nyosh / To
1st Low Knife Guarding – Oowsh
2nd Low Knife Guarding – Oowsh
3 Circular Blocks – Nyosh / Nyosh / Nyosh
Last Move – Oowsh

Hwa-Rang

Chun-be – Nyosh, Nyooosh
Palm Block – Oowsh
Twin Rising / Front Punch / Down Chop – To /
Nyosh / To
Front Punch – Oowsh
Wrist Escape – Nyooosh
Sidekick / Chop – Nyosh / To
2nd Front Punch – Oowsh
Vertical Spearthrust – To
Round / Round / Knife Guarding – Nyosh / Nyosh /
To
Low Block / Crescent Punch – Nyosh / To
Low X Block – Nyosh
Twin Elbow – Oowsh
Dynamic Scissors – Nyosh, Nyooosh
1st Knife Guarding – Nyosh
Last Move – Oowsh

Ch'ung Mu:

Chun-be – Nyosh, Nyooosh
Twin Rising Knife – Oowsh
Spear – Oowsh
Sidekick / Knife Guarding - Nyosh / To
Jump Sidekick / Knife Guarding – Nyosh / Oowsh
Knee / Ridge – Nyosh / To
Round / Spin Side / Guarding – Nyosh / Nyosh / To
Roundhouse – Nyosh
Jump 360 Knife Guarding – Oowsh
Groin Strike / Low Block-Backfist / Vertical Spear -
To / Nyosh / To
Double Forearm – Oowsh
Inside Block / Backfist – Nyosh / To
Sidekick / Sidekick / X Block – Nyosh / Nyosh / To
Scooping – Nyosh, Nyooosh
Last Move – Oowsh

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<p>Gae-Bek:</p> <p>Chun-be – Nyosh, Nyooosh X Block – Oowsh Twisting Front Kick – Nyosh Low Block / High Block – Nyosh / To Twin Arc Pressing – Nyosh, Nyosh, Nyooosh Scooping / Punch / Inside Block / Knife Guarding – Nyooosh / To / Nyosh / To Front Kick / 2nd Spear– Nyosh / To Sidekick / Knife Guarding – Nyosh / Oowsh Guarding / Knife Guarding / 9 Block – Aaahhh / To Single Knife – Nyosh/ Nyooosh Roundhouse / Sidekick / Twin Punch – To / Nyosh / To Twin Arc Pressing – Nyosh, Nyosh, Nyooosh Elbow – Oowsh Scooping / Punch / Inside Block / Ridge – Nyooosh / To / Nyosh / To Roundhouse / Twin Punch / Middle Knuckle Upward Punch / 9 Block – Nyosh / To / Nyosh / Oowsh Inside Crescent / W Block – Nyosh / To Inside Crescent / W Block – Nyosh / To High Block / Punch – Nyosh / Nyosh High Block / Punch – Nyosh / Oowsh</p>	
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