

Bo Chun

Belt Level: Gold (Yellow)

The kata "Bo Chun" was created by Master Kim. Master Kim was one of the first instructors sanctioned by the Korean Government to teach Tae Kwon Do in the in the Upper Mid-West. Master Kim was also responsible for bringing Master Jeun, one of the major influences of Li K'an, to the United States.

Note: Li K'an was the precursor to Quan Li K'an

- 1.) Jhoon-bi
- 2.) Left turn into Front Stance, Down Block with left arm
- 3.) Step forward into Front Stance, Punch to mid section with right fist
- 4.) Turn right (180°) into Front Stance, Down Block with right arm
- 5.) Step forward into Front Stance, Punch to mid section with left fist
- 6.) Turn left (90°) into Front Stance, Down Block with left arm
- 7.) Step forward into Front Stance, High Punch to face with right fist
- 8.) Step forward into Front Stance, High Punch to face with left fist
- 9.) Step forward into Front Stance, High Punch to face with right fist
- 10.) Turn left (270°) into Back Stance, Forearm Block with left arm
- 11.) Step forward into Front Stance, Front Kick with right leg, Finish with a Punch to midsection with right fist
- 12.) Turn right into Back Stance, Forearm Block with right arm
- 13.) Step forward into Front Stance, Front Kick with left leg finishing in a Punch to midsection with left fist
- 14.) Turn left (90°) into Front Stance, Down Block with left arm
- 15.) Step forward into Front Stance, High Punch to face with right fist
- 16.) Step forward into Front Stance, High Punch to face with left fist
- 17.) Step forward into Front Stance, High Punch to face with right fist
- 18.) Turn left (270°) into Back Stance, Double Knife Hand Strike (left hand forward)
- 19.) Step forward into Front Stance, Punch to mid section with right fist
- 20.) Turn right (180°) into Back Stance, double knife strike (right hand forward)
- 21.) Step forward into Front Stance, Punch to mid section with left fist
- 22.) Hold position until Sensei orders "Ba-ro"
- 23.) Turn left (90°) into Jhoon-bi drawing right foot back to center