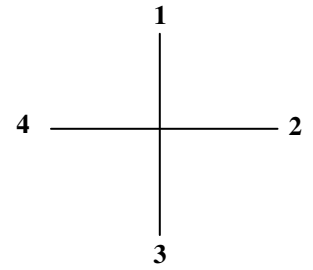


## Bo Form - "Discovery"



1. Chunbi facing 1.
  2. Step left foot towards 4 and execute a 45-degree strike. **LOUD YELL!**
  3. Back leg front kick, land in right front stance and execute the following: Helicopter strike, vertical up, left horizontal, thrust strike **LOUD YELL!** Then hook.
  4. Turn toward 2 and execute a 45-degree strike.
  5. Back leg front kick, land in right front stance and execute the following: Helicopter strike, vertical up, left horizontal, thrust strike **LOUD YELL!** Then hook.
  6. Step right foot to left facing 1 and execute a 45-degree strike. **LOUD YELL!**
  7. Step backward with left foot and execute a hook.
  8. Step left foot to right to half Charyo.
  9. Right foot forward into a front stance and execute a 45-degree strike.
  10. Step left foot to right to half Charyo.
  11. Right foot forward into a front stance and execute a 45-degree strike. **LOUD YELL!**
  12. Step right foot behind left into a cross stance and execute a disarm.
  13. Right leg front kick land in a front stance and execute: Thrust **LOUD YELL**, vertical up, vertical down, right horizontal, left horizontal, thrust. **LOUD YELL!**
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14. Stationary low helicopter strike.
  15. Step left foot into a front stance towards 4 and execute a down block.
  16. Check right foot behind left knee and execute a low helicopter.
  17. Step with right foot into a horse stance still facing 4 and execute a 45-degree strike.
  18. Step right foot into a front stance facing 1 and execute a low-right horizontal, then raise the bow above your head and execute a low stab. **LOUD YELL!**
  19. Step backward with your left foot into a back stance facing 4 and execute a hook.
  20. Turn behind into a left front stance and execute a low block toward 2.
  21. Check right foot behind left knee and execute a low helicopter.
  22. Step with right foot into a horse stance still facing 2 and execute a 45-degree strike.
  23. Step right foot into a front stance facing 3 and execute a low-right horizontal, then raise the bow above your head and execute a low stab. **LOUD YELL!**
  24. Step backward with your left foot into a back stance facing 2 and execute a hook.
  25. Step left foot into a back stance towards 1 and execute a right horizontal strike, shift into a front stance and execute a down block.
  26. Step forward into a right front stance and execute: Helicopter strike, vertical up, left horizontal, thrust strike **LOUD YELL!** Then hook.
  27. Look behind you toward 3 raise left knee and execute a low stab.
  28. Set down into a left front stance and execute a down block.
  29. Step forward into a right front stance and execute a helicopter strike.
  30. Step forward into a left front stance and execute a 45-degree strike.
  31. Back leg front kick thrust strike **LOUD YELL**, vertical up, vertical down, right horizontal, left horizontal, thrust strike. **LOUD YELL!**
  32. Step forward into a back stance and execute right horizontal strike, shift into a front stance and execute a down block.

33. Step forward into a right front stance and execute a Helicopter strike, vertical up, left horizontal, thrust strike **LOUD YELL!** Then hook.
35. Look behind you toward 1 into a left front stance and execute a 45-degree strike.
36. Drop to your right knee and execute a one-handed helicopter strike and pull left hand tight against your side. **LOUD YELL!**
37. Step backward with your left foot into Goman.
38. Charyo & Keyunge