



## Keibon Techniques

(Revised June, 2011)

### Keibon 1

1. Start in straddle stance with closed fists on waist.
2. Looking left, execute a low block to the left side
3. Looking right, execute a low block to the right side
4. Looking left, execute an outside block to the left side
5. Looking right, execute an outside block to the right side
6. Looking forward, execute a left high block to the front
7. Looking forward, execute a right high block to the front
8. Looking forward, execute a double middle punch (left / right) to the front, kihap

### Keibon 2

1. Start in straddle stance with closed fists on waist.
2. Middle block to the center with the left hand.
3. Middle block to the center with the right hand.
4. Pivot 45 degrees to the right to a forward stance and execute an inside knife hand across your body with the left hand.
5. Repeat technique to the left striking with a right hand inside knife hand strike.
6. Pivot body to a forward stance 45 degrees to the right of the striking line and execute a single open hand down block with the left hand.
7. Repeat technique to the left with a right hand open hand down block.
8. Shift to a straddle stance and double high punch (left/right), kihap.

### Keibon 3

1. Start in a straddle stance with closed fists on waist.
2. Looking left, execute a left hand single outside knife hand block to the left side.
3. Looking right, execute a single outside right knife hand block to the right side.
4. Looking left, execute a double low knife hand block to the left side by swinging both arms up over your head and down to the left.
5. Looking right, execute a double low knife hand block to the right by swing both hand to left in front of your body, then up over your head down to the right.
6. Looking left, execute a double knife hand block to the left side.
7. Looking right, execute a double knife hand block to right side.
8. Looking forward, execute a right hand down check block and left vertical spear hand to the front.
9. Execute a left hand down check block and a right vertical spear hand to the front, kihap.

### Keibon 4

1. Start in a forward stance, right leg back, facing 45 degrees to the left with a double low block.
2. Execute a right leg front up returning the leg to starting position with a double low block.
3. Execute a right leg front snap kick bringing the right foot back next to the left foot.  
Step back with the left leg into a forward stance with a double down block.
4. Execute a left leg front up returning the leg to starting position with a double low block.
5. Execute a left leg front snap kick bringing the left foot back next to the right foot, kihap.  
Turn 90 degrees to right into a forward stance with the right foot forward with a double low block.
6. Execute a left leg front up returning the leg to starting position with a double low block.
7. Execute a left leg front snap kick bringing the left foot back next to the right foot.  
Step back with the right leg into a forward stance with a double down block.
8. Execute a right leg front up returning the leg to starting position with a double low block.
9. Execute a right leg front snap kick bringing the right foot back next to the left foot, kihap.  
Turn 90 degrees to right into a forward stance, right leg back with a double low block.



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### Keibon 5

1. Start in a straddle stance, double low block, eyes forward.
2. Look left, cross over to the left and execute a left side up. Land in a straddle stance while executing a double low block. Look right on landing.
3. Cross over in front to the right and execute a right side up. Land in a straddle stance while executing a double low block. Look left on landing.
4. Cross over to left and execute a left side kick. Land in a straddle stance while executing a double low block. Look right on landing.
5. Cross over to right and execute a right side kick. Land in a straddle stance while executing a double low block. Look left on landing.
6. Execute a right leg pivot side kick to the left. Land in a straddle stance while executing a double low block. Execute a left leg low (mid-thigh)/ high (mid-ribs) pivot double side kick. Kihap on the second kick. Land in a straddle stance while executing a double low block. Look right on landing.
7. Execute a left leg pivot side kick to the right. Land in straddle stance while executing a double low block. Execute a right leg low (mid-thigh)/ high (mid-ribs) pivot double side kick. Kihap on the second kick. Land in a straddle stance while executing a double low block. Look forward on landing.

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### Keibon 6

1. Start in a fighting stance, right leg back, facing left.
2. Execute a right leg pivot front kick, left leg pivot side kick, turn right landing in a back stance.
3. Execute a left leg pivot front kick, right leg pivot side kick, turn left landing in a back stance.
4. Execute a right leg pivot front kick, left leg pivot round kick, turn right landing in a back stance.
5. Execute a left leg pivot front kick, right leg pivot round kick, turn left landing in a back stance.
6. Execute a right pivot round kick, left leg 360 hook kick, left leg pivot round kick (kihap), turn right landing in a back stance.
7. Execute a left leg pivot round kick, right leg 360 hook kick, right leg pivot round kick (kihap), turn left landing in a back stance.

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### Keibon 7

1. Start with knees together in a bent position, fists in front of chest.
2. Frog leap up
3. Execute a left leg jump front kick to the front
4. Execute a right leg jump front kick to the front
5. Execute a double jump front kick ("V Kick") to the front
6. Execute a jump side kick to the left
7. Execute a jump side kick to the right
8. Execute a left pivot jump round kick to the right, kihap. Jump return to the center.
9. Execute a right pivot jump round kick to the left, kihap. Jump return to the center.