



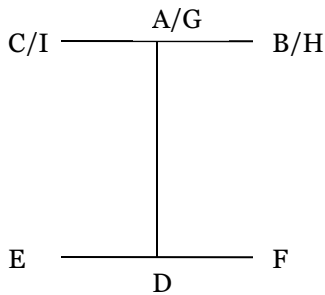
Forms

Forms (*poom-sae*) are considered to be the very foundation of martial arts. Forms are formal patterns of techniques performed in continuous movement. They simulate being attacked by multiple opponents from many directions.

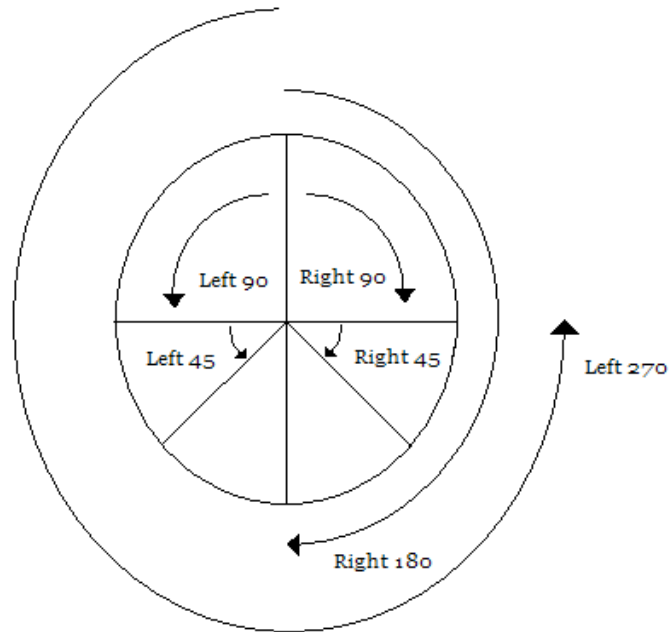
Forms are intended to train your body and mind in balance, coordination, speed, endurance, focus, and accuracy. Patience is important when learning forms – it takes repetition and concentration to memorize the steps.

The basic forms all follow the same “I” pattern. Beginners will concentrate on crisp folds, steps, and techniques in a basic rhythm. Advanced forms introduce more complex angles. Advanced students will also learn how steps and techniques can flow together in more complex rhythms.

At the end of each form, hold the last position until told to return to ready position.



Basic “I” Pattern



Angles

Tips

- Complete each technique completely before moving on – do not blur your techniques together.
- Do each technique with power and focus – imagine that you have a real opponent.
- Control your breathing – breathe from your diaphragm and exhale with your techniques.



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Student Guide

- Be aware of your footwork – your stances are as important as your techniques. Do not add extraneous steps or movement.
- Keep your body relaxed except for the instant you finish a technique.
- On a KIA technique, KIA simultaneously with the technique, not before or after.



Basic Form 1 (Gee-Cho Hyung Eel Bo)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left front	Left down block	
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right front	Right down block	
4	Forward	Left front	Left punch	Solar plexus
5	Left 90°	Left front	Left down block	
6	Forward	Right front	Right punch	Solar plexus
7	Forward	Left front	Left punch	Solar plexus
8	Forward	Right front	Right punch, KIA	Solar plexus
9	Left 270°	Left front	Left down block	
10	Forward	Right front	Right punch	Solar plexus
11	Right 180°	Right front	Right down block	
12	Forward	Left front	Left punch	Solar plexus
13	Left 90°	Left front	Left down block	
14	Forward	Right front	Right punch	Solar plexus
15	Forward	Left front	Left punch	Solar plexus
16	Forward	Right front	Right punch, KIA	Solar plexus
17	Left 270°	Left front	Left down block	
18	Forward	Right front	Right punch	Solar plexus
19	Right 180°	Right front	Right down block	
20	Forward	Left front	Left punch	Solar plexus



Basic Form 2 (Gee-Cho Hyung Yee Bo)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left front	Left down block	
2	Forward	Right front	Right punch	Nose
3	Right 180°	Right front	Right down block	
4	Forward	Left front	Left punch	Nose
5	Left 90°	Left front	Left down block	
6	Forward	Right front	Right up block	
7	Forward	Left front	Left up block	
8	Forward	Right front	Right up block, KIA	
9	Left 270°	Left front	Left down block	
10	Forward	Right front	Right punch	Nose
11	Right 180°	Right front	Right down block	
12	Forward	Left front	Left punch	Nose
13	Left 90°	Left front	Left down block	
14	Forward	Right front	Right up block	
15	Forward	Left front	Left up block	
16	Forward	Right front	Right up block, KIA	
17	Left 270°	Left front	Left down block	
18	Forward	Right front	Right punch	Nose
19	Right 180°	Right front	Right down block	
20	Forward	Left front	Left punch	Nose



Basic Form 3 (Gee-Cho Hyung Sam Bo)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Left outside block, then extend left arm palm of fist down.	
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right back	Right outside block, then extend right arm palm of fist down.	
4	Forward	Left front	Left punch	Solar plexus
5	Left 90°	Left front	Left down block	
6	Forward	Right straddle	Right side punch	Solar plexus
7	Forward	Left straddle	Left side punch	Solar plexus
8	Forward	Right straddle	Right side punch, KIA	Solar plexus
9	Left 270°	Left back	Left outside block	
10	Forward	Right front	Right punch	Solar plexus
11	Right 180°	Right back	Right outside block	
12	Forward	Left front	Left punch	Solar plexus
13	Left 90°	Left front	Left down block	
14	Forward	Right straddle	Right side punch	Solar plexus
15	Forward	Left straddle	Left side punch	Solar plexus
16	Forward	Right straddle	Right side punch, KIA	Solar plexus
17	Left 270°	Left back	Left outside block	
18	Forward	Right front	Right punch	Solar plexus
19	Right 180°	Right back	Right outside block	
20	Forward	Left front	Left punch	Solar plexus



Basic Form 4 (Gee-Cho Hyung Sa Bo)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left cat	Left outside block	
1a			Left front snap kick	Knee
1b			Right front thrust kick	Head
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right cat	Right outside block	
3a			Right front snap kick	Knee
3b			Left front thrust kick	Head
4	Forward	Left front	Left punch	Solar plexus
5	Left 90°	Left front	Left down block	
5a			Right front thrust kick	Head
6	Forward	Right front	Right punch	Solar plexus
6a			Left side thrust kick (Left universal fold)	Head
7	Forward	Left straddle	Left hammer fist	Shoulder high
7a			Right back kick (Right universal fold)	Groin
8	Forward	Right straddle	Right back fist	Nose
8a			Left reverse punch, KIA	Solar plexus
9	Left 270°	Left cat	Left outside block	
9a			Left front snap kick	Knee
9b			Right front thrust kick	Head
10	Forward	Right front	Right punch	Solar plexus
11	Right 180°	Right cat	Right outside block	
11a			Right front snap kick	Knee
11b			Left front thrust kick	Head
12	Forward	Left front	Left punch	Solar plexus
13	Left 90°	Left front	Left down block	
13a			Right front thrust kick	Head
14	Forward	Right front	Right punch	Solar plexus
14a			Left universal fold; left side thrust kick	Head
15	Forward	Left straddle	Left hammer fist	Shoulder high
15a			Right universal fold; right back kick	Groin
16	Forward	Right straddle	Right back fist	Nose
16a			Left reverse punch, KIA	Solar plexus
17	Left 270°	Left cat	Left outside block	
17a			Left front snap kick	Knee



Basic Form 4 (Gee-Cho Hyung Sa Bo)

Step	Direction	Stance	Technique	Target
17b			Right front thrust kick	Head
18	Forward	Right front	Right punch	Solar plexus
19	Right 180°	Right cat	Right outside block	
19a			Right front snap kick	Knee
19b			Left front thrust kick	Head
20	Forward	Left front	Left punch	Solar plexus



China Form				
Step	Direction	Stance	Technique	Target
1	Forward	Left front	Left outside block	
1a			Right vertical chop, KIA	Collarbone
1b			Left punch	Solar plexus
2	Back	Right back	Right low knife-hand block	
3	Forward	Right straddle	Right inside block	
3a			Right reverse chop, KIA	Neck
4	Right 90°	Right front	Rake face with right hand while stepping to right front stance, Left reverse punch	Face Solar plexus
5	Back	Left back	Left low knife-hand block	
6	Forward	Right straddle	Right inside block	
6a			Right back fist, KIA	Nose
7	Left 45°	Left front	Right hammer fist	Groin
7a			Push back into a right back elbow	Solar plexus
7b			Right heel kick	Groin
8	Left 180°	Left back	Left low knife-hand block	
9	Forward	Left front	Left up block	
9a			Right reverse roundhouse elbow, KIA	Floating ribs
9b			Left slashing roundhouse elbow, pivoting to right front stance	Floating ribs
10	Right 135°	Right front	Left reverse chop	Neck
10a			Left heel kick	Groin
11	Right 180°	Right back	Right low knife-hand block	
12	Forward	Left straddle	Left palm-heel block	Right arm
12a			Right ridge hand, KIA	Solar plexus
12b			Left horizontal chop, grab hair	Base of skull
12c			Right horizontal chop	Base of nose
13	Right 45°	Drop left knee	Twist neck and rake face	Neck and knee
14	Right 180°	Right back	Right outside crescent kick, Right front snap kick	Head, Solar plexus
15		Right straddle	Right downward vertical punch, KIA	



Advanced Form 1 (Pyung-An Cho Dan)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left front	Left down block	
2	Forward	Right front	Right punch	Solar plexus
3	Right 180°	Right front	Right down block	
4		T stance (Right heel in left arch 90° angle)	Whip right fist down and continue in a circular motion into a right hammer fist.	Collarbone
5	Forward	Left front	Left punch	Solar plexus
6	Left 90°	Left front	Left down block followed by left middle knife-hand block, keeping right fist chambered.	
7	Forward	Right front	Right up block	
8	Forward	Left front	Left up block	
9	Forward	Right front	Right up block, KIA	
10	Left 270°	Left front	Left down block	
11	Forward	Right front	Right punch	Solar plexus
12	Right 180°	Right front	Right down block	
13	Forward	Left front	Left punch	Solar plexus
14	Left 90°	Left front	Left down block	
15	Forward	Right front	Right punch	Solar plexus
16	Forward	Left front	Left punch	Solar plexus
17	Forward	Right front	Right punch, KIA	Solar plexus
18	Left 225°	Left back	Left low knife-hand block	
19	Forward	Right back	Right low knife-hand block	
20	Right 90°	Right back	Right low knife-hand block	
21	Forward	Left back	Left low knife-hand block	



Advanced Form 2 (Pyung-An Yee Dan)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Fold fists index knuckles together, palms back, at right hip. Left outside block and right up block simultaneously.	
1a			Drop right fist to right shoulder. Extend left arm. Right uppercut punch reinforced with left fist to right shoulder.	Chin
2		Chamber left leg and step into left straddle	Chamber left fist, extend right arm. Left side punch.	Shoulder high
3	Right 180°	Right back	Fold fists index knuckles together, palms back, at left hip. Right outside block and left up block simultaneously.	
3a			Drop left fist to left shoulder. Extend right arm. Left uppercut punch reinforced with right fist to left shoulder.	Chin
4		Chamber right leg and step into right straddle	Chamber right fist, extend left arm. Right side punch.	Shoulder high
5	Right 90°	Left Pigeon-toe stance (step in half the length of your straddle with your left foot pointing right, knees bent, feet making a right angle)	Chamber left fist palm up at hip with right hammer fist on top (palm stab fold)	
5a		Chamber right leg in Crane stance	Right side kick and right punch simultaneously.	Head high kick with arm parallel
5b		Step down feet together	Fold for left middle knife-hand block	
6	Forward	Left back	Left middle knife-hand block	
7	Forward	Right back	Right middle knife-hand block	



Advanced Form 2 (Pyung-An Yee Dan)				
Step	Direction	Stance	Technique	Target
8	Forward	Left back	Left middle knife-hand block	
9	Forward		Right side thrust kick, KIA	Head
9a		Right back	Right middle knife-hand block	
10	Left 270°	Left back	Left middle knife-hand block	
11	Right 45°		Right side thrust kick	Head
11a		Right back	Right middle knife-hand block.	
12	Right 135°	Right back	Right middle knife-hand block.	
13	Left 45°		Left side thrust kick	Head
13a		Left back	Left middle knife-hand block.	
14	Left 45°	Left front	Scooping right outside block	
15	Forward	Right front	Right front thrust kick	Head
15a			Left reverse punch	Solar plexus
15b			Scooping left outside block	
16	Forward	Left front	Left front thrust kick	Head
16a			Right reverse punch	Solar plexus
16b			Fold fists knuckle to knuckle, palm down, at left hip	
17	Forward	Right front	Reinforced right outside block	
18	Left 270°	Left front	Left down block, left middle knife-hand block, keeping right fist chambered	
19	Right 45°	Right front	Right up block	
20	Right 135°	Right front	Right down block, right middle knife-hand block, keeping left fist chambered	
21	Left 45°	Left front	Left up block, KIA	



Jung-Yee				
Step	Direction	Stance	Technique	Target
1		Ready Stance: Knife-hand X-Block with wrists at throat level, right hand closest to body, feet together.		
2	Left 90°	Deep left back stance	Left low knife-hand block, chamber right fist. KIA	
2a		Deep left front stance with back leg slightly bent - heel may come up off the floor	Right punch with arm straight out from shoulder. Chamber left knife-hand to the left side of your head, palm facing in.	Solar plexus
3	Right 90°	Bring left foot back to right - resume ready stance as in step 1, but with left hand closest to body.		
4	Right 90°	Deep right back stance	Right low knife-hand block, chamber left fist.	
4a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in.	Solar plexus
5		Bring right foot back to left - feet together	Left universal fold with left in knife-hand position.	
6	Left 90°	Left back	Left horizontal chop, chamber right fist.	Neck
6a			Fold left knife-hand to right ear as you right reverse punch.	Solar plexus
6b			Left horizontal chop, chamber right fist.	Neck
6c			Fold as for inside block with a right knife-hand.	
7	Forward	Right back	Right chop	Neck
7a			Left universal fold with left in knife-hand position.	
8	Left 270°	Left back	Left horizontal chop, chamber right fist.	Neck



Jung-Yee				
Step	Direction	Stance	Technique	Target
8a			Right reverse punch, chamber left fist.	Solar plexus
8b			Right universal fold with right hand in knife-hand position.	
9	Forward	Right back	Right horizontal chop, chamber left fist.	Neck
9a			Left reverse punch, chamber right knife-hand to left ear.	Solar plexus
9b			Right horizontal chop, chamber left fist.	Neck
10	Left 180°	Pivot on right foot and bring left foot in - resume ready stance as in step 1.		
11	Left 90°	Deep left back stance	Left low knife-hand block, chamber right fist.	
11a		Deep left front stance with back leg slightly bent - heel may come up off the floor	Right punch, arm straight out from shoulder. Chamber left knife-hand to the left side of your head, palm facing in.	Solar plexus
12	Right 90°	Bring left foot back to right - resume ready stance as in step 3.		
13	Right 90°	Deep right back stance	Right low knife-hand block, chamber left fist.	
13a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in.	Solar plexus
14		Bring right foot back to left foot - feet together	Left universal fold with left knife-hand.	
15	Left 90°	Left back	Left horizontal chop, chamber right fist.	Neck
15a			Fold left knife-hand to right ear as you right reverse punch.	Solar plexus



Jung-Yee				
Step	Direction	Stance	Technique	Target
15b			Left horizontal chop, chamber right fist. Fold right fist on top of left fist at right hip (right staff fold).	Neck
16	Forward	Deep right front stance	Fist X-Block down, right fist in front.	
16a			Knife-hand X-Block up. Twist hands around, palm heels together. Chamber both hands as fists at your sides.	
16b			Right high punch, Left middle punch, Right low punch. Right staff fold.	Nose Solar plexus Groin
17	Back	Deep left front stance	Fist X-Block down.	
17a			Knife-hand X-Block up. Twist hands around, palm heels together. Chamber both hands as fists at your sides.	
17b			Right high punch, Left middle punch, Right low punch.	Nose Solar plexus Groin
17c			Bring fists up to guard.	
18	Forward	Skip right foot forward	Left front snap kick	Head
18a			Right roundhouse kick	Head
18b	Left 180°		Right tornado kick (strike left palm)	Head
19		Right straddle	Right elbow strike to left palm, KIA	Shoulder high
20		Deep right back stance	Right low knife-hand block, chamber left fist.	
20a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in.	Solar plexus



Jung-Yee				
Step	Direction	Stance	Technique	Target
21	Left 180°	Pivot on right foot and bring left foot in - resume ready stance as in step 1.		
22	Left 90°	Deep left back stance	Left low knife-hand block, chamber right fist.	
22a		Deep left front stance with back leg slightly bent - heel may come up off the floor	Right punch with arm straight out from shoulder. Chamber left knife-hand to the left side of your head, palm facing in.	Solar plexus
23	Right 90°	Bring left foot back to right - resume ready stance as in step 3.		
24	Right 90°	Deep right back stance	Right low knife-hand block, chamber left fist.	
24a		Deep right front stance with back leg slightly bent - heel may come up off the floor	Left punch, arm straight out from shoulder. Chamber right knife-hand to the right side of your head, palm facing in. KIA	Solar plexus



Advanced Form 3 (Pyung-An Sam Dan)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Left outside block	
2	Forward	Feet together	Extend into down block position with right fist	
2a			Pivot body to the left and then back to the right - simultaneous right outside block and left down block as you center.	
2b			Pivot body to the right and then back to the left - simultaneous left outside block and right down block as you center.	
3	Right 180°	Right back	Right outside block	
4	Forward	Feet together	Extend into down block position with left fist	
4a			Pivot body to the right and then back to the left - simultaneous left outside block and right down block as you center.	
			Pivot body to the left and then back to the right - simultaneous right outside block and left down block as you center.	
5	Left 90°	Left front	Fold fists knuckle to knuckle at right hip, palms down. Reinforced left outside block.	
6	Forward	Right front	Left palm heel down block followed by right spear hand, KIA . (Back of left hand under right elbow.)	Bladder
7	Left 270°	Left straddle	Left hammer fist, chamber right fist. (Keep right hand in place as you turn – it will twist into place behind your back.)	Solar plexus
8	Left 90°	Right front	Right punch	Solar plexus
9	Left 180°	Feet together – bring left foot to right	Bring arms to the sides, shoulder high, elbows 90°, fists pointed up. Lower fists to your hips.	
10	Forward		Right inside crescent kick	Head
10a		Sumo stomp into right straddle	Right shoulder block, right back fist, re-chamber right fist at hip	Foot and nose



Advanced Form 3 (Pyung-An Sam Dan)				
Step	Direction	Stance	Technique	Target
11	Forward		Left inside crescent kick	Head
11a		Sumo stomp into left straddle	Left shoulder block, left back fist, re-chamber left fist at hip	Foot and nose
12	Forward		Right inside crescent kick	Head
12a		Sumo stomp into right straddle	Right shoulder block, right back fist, leave right arm extended and rotate right fist palm down.	Foot and nose
13	Forward	Left front	Left punch and chamber right fist	Solar plexus
14	Forward	Sumo stomp into front straddle		Foot
15	Left 180°	Front straddle	Right punch over left shoulder simultaneously with left back elbow (left knife-hand palm up at hip)	Nose and solar plexus
16	Ki jump to the right	Front straddle	Left punch over right shoulder simultaneously with right back elbow, KIA (right knife-hand palm up at hip)	Nose and solar plexus



Advanced Form 4 (Pyung-An Sa Dan)				
Step	Direction	Stance	Technique	Target
1			Fold, arms parallel, pointing to the right and down, at a 45° angle to your body. Left and right in knife-hand position.	
2	Left 90°	Left back	Simultaneous right up block and left outside block, keep hands in knife-hand position.	
3			Fold, arms parallel, pointing to the left and down, at a 45° angle to your body. Left and right in knife-hand position.	
4	Right 180°	Right back	Simultaneous left up block and right outside block, keep hands in knife-hand position.	
5			Right staff fold (Right fist on top of left fist at right hip)	
6	Left 90°	Left front	Fist X-block down.	
7	Forward	Right back	Fold fists knuckle to knuckle, palms down, at left hip (left knuckle-to-knuckle fold), reinforced right outside block	
8		Left crane stance	Fold right fist palm up at hip with left hammer fist on top (right palm stab fold). Simultaneous left punch and left side thrust kick.	Head high kick with arm parallel
9	Left 90°	Step down into left front	Right roundhouse elbow to left palm.	Shoulder high
10	Right 90°	Bring feet together, left foot to right foot	Left palm stab fold. Simultaneous right punch and right side thrust kick.	Head high kick with arm parallel
11	Right 90°	Step down into right front	Left roundhouse elbow to right palm.	Shoulder high
12	Left 135°	Left front	Simultaneous left up block with knife-hand and right horizontal chop	Neck
13			Right front thrust kick. As foot comes back to chamber, chamber fists in left knuckle-to-knuckle fold.	Head



Advanced Form 4 (Pyung-An Sa Dan)				
Step	Direction	Stance	Technique	Target
14		Push forward into right cross step (left leg behind right)	Reinforced right back fist, KIA	Nose
15			Cross forearms left in front of right, fists at chin height.	
16	Left 180°	Left front	Double outside blocks, palms forward.	
17			Right front thrust kick, chamber right fist	Head
18		Step down into right front	Right punch, left punch	Solar plexus
19			Cross forearms left in front of right, fists at chin height.	
20	Right 90°	Right Front	Double outside blocks, palms forward.	
21			Left front thrust kick, chamber left fist	Head
22		Step down into left front	Left punch, right punch	Solar plexus
23	Left 45°	Left back	Right knuckle-to-knuckle fold, reinforced left outside block.	
24	Forward	Right back	Left knuckle-to-knuckle fold, reinforced right outside block.	
25	Forward	Left back	Right knuckle-to-knuckle fold, reinforced left outside block.	
26			Fold knife-hands at right hip, left hand on top of right, palms facing in.	
27	Left 45°	Left front	Head grab with both hands, pull into a right knee strike, KIA . Left foot should pivot counterclockwise 90° during the knee strike. Step down feet together.	Face
28	Left 90°	Left back	Left middle knife-hand block	
29	Right 90°	Right back	Right middle knife-hand block	



Advanced Form 5 (Pyung-An Oh Dan)				
Step	Direction	Stance	Technique	Target
1	Left 90°	Left back	Left universal fold - left outside block	
2			Right reverse punch, chamber left fist	Solar plexus
3	Right 90°	Feet together, right to left	Left guard at shoulder height, chamber right fist	
4	Right 90°	Right back	Right universal fold - right outside block	
5			Left reverse punch, chamber right fist	Solar plexus
6	Left 90°	Feet together, left to right	Right guard at shoulder height, chamber left fist	
7			Left knuckle-to-knuckle fold (fists at left hip knuckles together, palms down)	
8	Forward	Right front	Reinforced right outside block	
9			Right staff fold	
10	Forward	Left front	Fist X-block down, right on top of left	
11			Knife-hand X-block up, left in front of right	
12			Rotate hands palm to palm. Pivot hands in clockwise rotation keeping base of palms together at all times. Ends with left hand on top. Move about halfway towards your right shoulder. Grab with right hand and pull to chamber as left hand chops horizontal.	Neck
13	Forward	Right front	Right punch, KIA	Solar plexus
14			Right universal fold	
15	Left 180°	Right straddle	Right low hammer fist	
16			Right universal fold with left knife-hand	
17		Left straddle	Left backhand strike, arm straight out from the shoulder	Face
18	Left 180°		Right inside crescent kick, striking your left palm	
19		Right straddle	Right elbow strike to left palm	Shoulder high



Advanced Form 5 (Pyung-An Oh Dan)				
Step	Direction	Stance	Technique	Target
20	Right 90°	Right cross step (left foot behind right)	Reinforced right back fist	Nose
21	Left 180°	Left cat stance	Clear by raising the reinforced back fist high	
22	Left 180°	Right cross step	Turning jump (Small step with left foot to push off. Right leg leads as you turn. Arms swing down then up to help gain height.) Land and fist X-block down, KIA.	
23			Left knuckle-to-knuckle fold	
24	Right 90°	Right front	Reinforced right outside block	
25			Fold left knife-hand in a vertical guard, chamber right fist	
26	Left 180°	Left front	Right low palm heel thrust reinforced with left palm heel to right shoulder	Groin
27		Left back	Right grab, pull up and behind your head as your left knife-hand chops down. (Right palm facing your head.)	
28	Right 90°	Feet together	Extend the right arm so that it is extended fully, 45° upwards, and the left arm is 45° downwards.	
29			Cross forearms left in front of right, fists at chin height, palms facing your body.	
30	Left 180°	Pivot on balls of your feet – feet together with outside edges touching, left ankle in front of right.	Clear your arms forcefully to your sides. Arms should be straight out from your shoulders, elbows bent 90° with fists pointing up, palms forward.	
31			Chamber left fist.	
32	Right 90°	Right front	Left low palm heel reinforced with right palm heel to left shoulder	Groin



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Advanced Form 5 (Pyung-An Oh Dan)

Step	Direction	Stance	Technique	Target
33		Right back	Left grab, pull up and behind your head as your right fist blocks down. (Left palm facing your head.)	