

1. Movement

1



Moving left foot step into left FRONT STANCE with a LOW SECTION OPENING BLOCK

2. Movement

2a



Execute a right FRONT KICK

3. Movement

2b



Land right foot into right FRONT STANCE with a MIDDLE SECTION OPENING BLOCK

4. Movement

3a



Execute a left FRONT KICK

5. Movement

3b



Set foot down into a left FRONT STANCE with a HIGH SECTION "X" BLOCK

6. Movement

4a



Execute a right SIDE KICK

7. Movement

4b



Set foot down into left BACK STANCE with a MIDDLE SUDOW (double knifehand block)

8. Movement

5



Turn 270 degrees counterclockwise into right BACK STANCE with an OUTSIDE MIDDLE BLOCK

9. Movement

6



Slide left foot forward into a left FRONT STANCE with a right HIGH SECTION STRAIGHT PUNCH

10. Movement

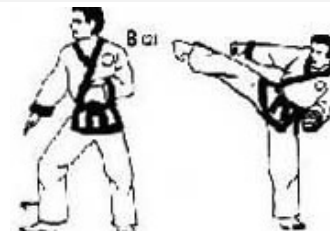
7



With feet fixed, execute a left HIGH BLOCK

11. Movement

8a & 8b



Execute a right SIDE KICK (without hammerfist\*) landing into a left BACK STANCE with a LOW SUDOW (double knifehand low section block). \*Picture illustrates a simultaneous hammerfist which is NOT required)

12. **Movement**  
**9**



Slide right foot forward into a right FRONT STANCE with a left MIDDLE REVERSE PUNCH

13. **Movement**  
**10**



Turn 180 degrees clockwise into a left BACK STANCE with an OUTSIDE MIDDLE BLOCK

14. **Movement**  
**11**



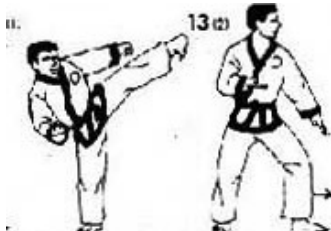
Slide right foot into right FRONT STANCE with a left HIGH SECTION REVERSE MIDDLE PUNCH

15. **Movement**  
**12**



With feet fixed, execute a right HIGH BLOCK

16. **Movement**  
**13a & 13b**



Execute a left SIDE KICK (without hammerfist\*) landing into a right BACK STANCE with a LOW SUDOW (double knifehand low section block). \*Picture illustrates a simultaneous hammerfist which is NOT required)

17. **Movement**  
**14**



Slide left foot forward into left FRONT STANCE with a right MIDDLE REVERSE PUNCH

18. **Movement**  
**15**



Turn 90 degrees counterclockwise into left FRONT STANCE with a LOW SECTION "X" BLOCK

19. **Movement**  
**16**



With feet fixed, execute a HIGH SECTION "X" BLOCK

20. **Movement**  
**17**



With feet fixed, grab, twist and pull the blocking hand then execute a HIGH SECTION STRAIGHT PUNCH. KIYAP!

21. **Movement**  
**18**



Pivot 180 degrees clockwise into a HORSERIDING STANCE with a right LOW SIDE BLOCK

22. **Movement  
19**



Pivot 180 degrees counterclockwise into a left FRONT STANCE with a left KNIFEHAND STRIKE

23. **Movement  
20a & 20b**



Pivoting on left foot, execute a RIGHT TARGET STRIKE landing in a HORSERIDING STANCE while executing a RIGHT ELBOW STRIKE

24. **Movement  
21**



Slide back into a HORSERIDING STANCE with a SINGLE MOUNTAIN BLOCK

25. **Movement  
22**



Slide back into a BACK STANCE with a MIDDLE SUDOW

26. **Movement  
23**



Slide front foot forward into a left FRONT STANCE with a right MIDDLE REVERSE PUNCH. KIYAP!

27. **Movement 24**



Return to ready position