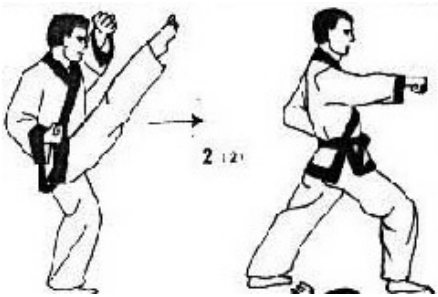


1. **Movement 1:**



Turn left into a left FRONT STANCE with a left HIGH BLOCK

2. **Movement 2:**



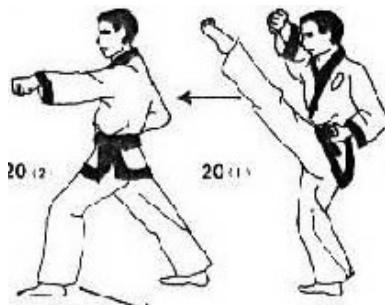
Execute a right FRONT KICK landing in a right FRONT STANCE with a right MIDDLE PUNCH

3. **Movement 3:**



Turn 180 degrees clockwise into a right FRONT STANCE with a right HIGH BLOCK

4. **Movement 4:**



Execute a left FRONT KICK landing into a left FRONT STANCE with a left MIDDLE PUNCH

5. **Movement 5:**



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

6. **Movement 6:**



Step forward into a right FRONT STANCE with a RIGHT FACE LEVEL PUNCH

7. **Movement 7:**



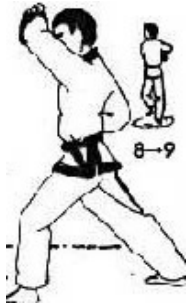
Step forward into a left FRONT STANCE with a left FACE LEVEL PUNCH (punches should be higher than illustrated)

8. **Movement 8:**



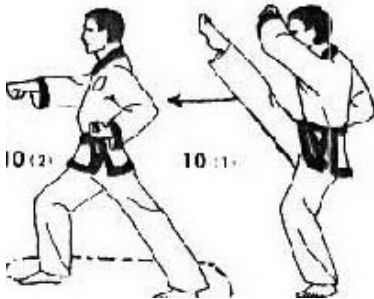
Step forward into a right FRONT STANCE with a right FACE LEVEL PUNCH. KIYAP!

9. **Movement 9:**



Turn 270 degrees counterclockwise into left FRONT STANCE with a left HIGH BLOCK

10. **Movement 10:**



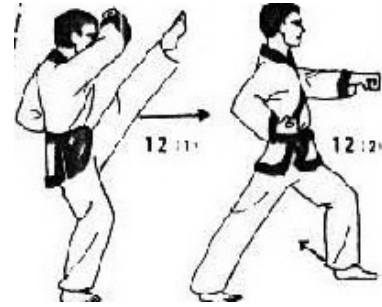
Execute a right FRONT KICK landing in a right FRONT STANCE with a right MIDDLE PUNCH

11. **Movement 11:**



Turn 180 degrees into a right FRONT STANCE with a right HIGH BLOCK

12. **Movement 12:**



Execute a left FRONT KICK landing in a left FRONT STANCE with a left MIDDLE PUNCH

13. **Movement 13:**



Turn 90 counterclockwise into a left FRONT STANCE with a left LOW BLOCK

14. **Movement 14:**



Step forward into a right FRONT STANCE with a right FACE LEVEL PUNCH

15. **Movement 15:**



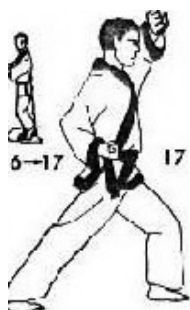
Step forward into a left FRONT STANCE with a left FACE LEVEL PUNCH

16. **Movement 16:**



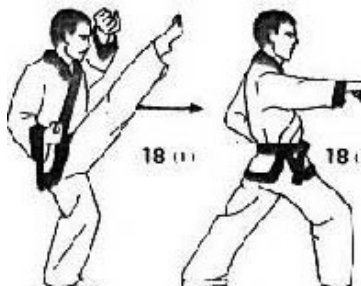
Step forward into a right FRONT STANCE with a right FACE LEVEL PUNCH. KIYAP!

17. **Movement 17:**



Turn 270 degrees counterclockwise into a left FRONT STANCE with a left HIGH BLOCK

18. **Movement 18:**



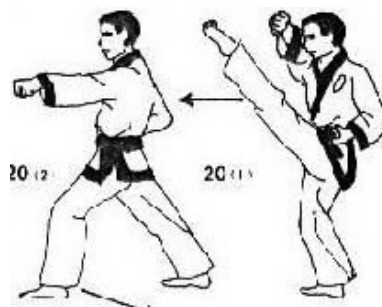
Execute a right FRONT KICK landing in a right FRONT STANCE with a right MIDDLE PUNCH

19. **Movement 19:**



Turn 180 degrees clockwise into a right FRONT STANCE with a right HIGH BLOCK

20. **Movement 20:**



Execute a left FRONT KICK landing in a left FRONT STANCE with a left MIDDLE PUNCH

21. **Movement 21:**



Turn counterclockwise back to ready stance