

1. Movement

1



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

4. Movement

4



Step forward into a left FRONT STANCE with a left MIDDLE PUNCH

2. Movement

2



Step into a right FRONT STANCE with a right MIDDLE PUNCH

5. Movement

5



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

3. Movement

3



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

6. Movement

6



Step forward into a right FRONT STANCE with a right HIGH BLOCK

7. **Movement**

7



Step forward into a left FRONT STANCE with a left HIGH BLOCK

10. **Movement**

10



Step forward into a BACK STANCE with a MIDDLE SUDOW

8. **Movement**

8



Step forward into a right FRONT STANCE with a right HIGH SECTION MIDDLE PUNCH. KIYAP!

11. **Movement**

11



Turn 180 degrees clockwise into a BACK STANCE with a MIDDLE SUDOW

9. **Movement**

9



Turn 270 counterclockwise into a BACK STANCE with a MIDDLE SUDOW (double knifehand middle section block)

12. **Movement**

12



Step forward into a BACK STANCE with a MIDDLE SUDOW

13. **Movement**
13



Turn 90 degrees counterclockwise into a BACK STANCE with a left OUTSIDE BLOCK

16. **Movement**
16



Step backwards into a BACK STANCE with a right INSIDE MIDDLE BLOCK

14. **Movement**
14



Turn body 180 degrees clockwise into a BACK STANCE with a right OUTSIDE BLOCK

17. **Movement**
17



Step backwards into a BACK STANCE with a left INSIDE MIDDLE BLOCK

15. **Movement**
15



Step backwards into a BACK STANCE with left INSIDE MIDDLE BLOCK

18. **Movement**
18



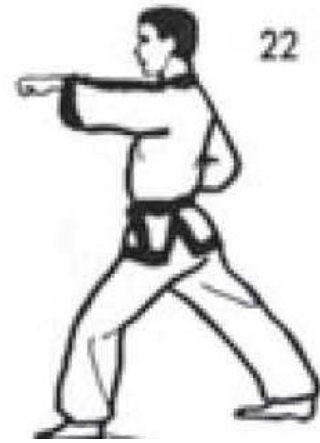
Turn body 180 degrees clockwise into a BACK STANCE with a right OUTSIDE MIDDLE BLOCK

19. **Movement**
19



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

22. **Movement**
22



Step forward into a left FRONT STANCE with a left HIGH SECTION MIDDLE PUNCH. KIYAP!

20. **Movement**
20



Step forward into a right FRONT STANCE with a right HIGH SECTION MIDDLE PUNCH

23. **Movement**
23



Return to ready position

21. **Movement**
21



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