

1. **Movement**

1



Turn into left FRONT STANCE with a left LOW BLOCK

2. **Movement**

2



Pull left leg back into a "T" STANCE with a left HAMMERFIST STRIKE

3. **Movement**

3



Turn to right into a right FRONT STANCE with a right LOW BLOCK

4. **Movement**

4



Pull right leg back into "T" STANCE with a right HAMMERFIST STRIKE

5. **Movement**

5a & 5b



Turn 90 degrees counterclockwise into a left FRONT STANCE with a left INSIDE MIDDLE BLOCK. Immediately execute a right INSIDE MIDDLE BLOCK

6. **Movement**

6a, 6b & 6c



Execute a right FRONT KICK landing in a FRONT STANCE with a right BACKFIST. Immediately execute a left INSIDE BLOCK

7. **Movement**

7a, 7b & 7c



Execute a left FRONT KICK landing in a FRONT STANCE with a left BACKFIST. Immediately execute a right INSIDE BLOCK

8. **Movement**

8



Step forward into a right FRONT STANCE with a right BACKFIST

9. **Movement**

9



Turn 270 degrees counterclockwise into a right BACK STANCE with a SINGLE KNIFEHAND BLOCK

10. **Movement  
10**



Step forward into a right FRONT STANCE with a right ELBOW STRIKE

15. **Movement  
15**



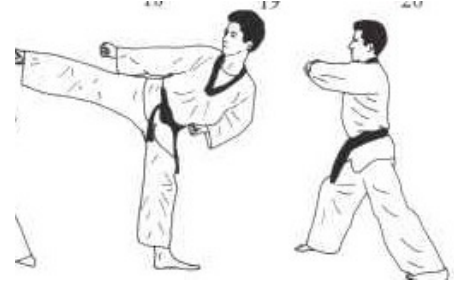
Turn 90 degrees counterclockwise into a left FRONT STANCE with a left HIGH BLOCK

11. **Movement  
11**



Turn 180 degrees clockwise into a left BACK STANCE with a SINGLE KNIFEHAND BLOCK

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



Execute a right SIDE KICK with a right HAMMERFIST and land in a right FRONT STANCE with a left ELBOW STRIKE

12. **Movement  
12**



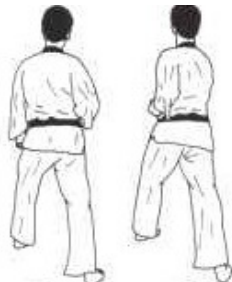
Step forward into a left FRONT STANCE with a left ELBOW STRIKE

17. **Movement  
17**



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

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



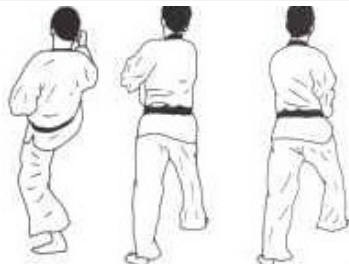
Turn 90 degrees counterclockwise into a left FRONT STANCE with a left LOW BLOCK. Immediately execute a right INSIDE BLOCK

18. **Movement  
18a & 18b**



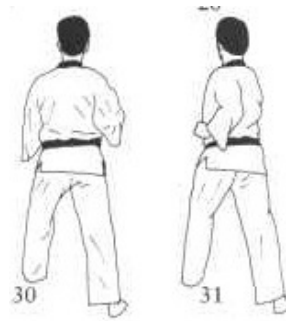
Execute a left SIDE KICK with a left HAMMERFIST and land in a left FRONT STANCE with a right ELBOW STRIKE

14. **Movement  
14a, 14b &  
14c**



Execute a right FRONT KICK landing in a right FRONT STANCE with a right LOW BLOCK. Immediately execute a left INSIDE BLOCK

19. **Movement 19a & 19b**



Turn 90 degrees counterclockwise into a left FRONT STANCE with a left LOW BLOCK. Immediately execute a right INSIDE BLOCK

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



Execute a right FRONT KICK. Before landing, stomp downward landing in a REAR CROSS STANCE with a right BACKFIST STRIKE. KIYAP!

21. **Movement 21**



Return to joombi. Turn to the left and return to ready stance.