

1. **Movement**

1



Right BACK STANCE with a MIDDLE SUDOW  
(double knife-hand block)

2. **Movement**

2



Step forward into a right FRONT STANCE with a  
right SPEAR-HAND STRIKE (vertical fingertip  
thrust)

3. **Movement**

3



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

4. **Movement**

4



Step forward into a left FRONT STANCE with a  
left SPEAR-HAND STRIKE

5. **Movement**

5



Turn 90 degrees counterclockwise into left FRONT  
STANCE with a SWALLOW TAIL KNIFE-HAND  
STRIKE

6. **Movement**  
6a & 6b



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

7. **Movement**

7



Execute a left SIDE KICK

8. **Movement**  
8a & 8b



Execute a right SIDE KICK landing in a left BACK  
STANCE with a MIDDLE SUDOW

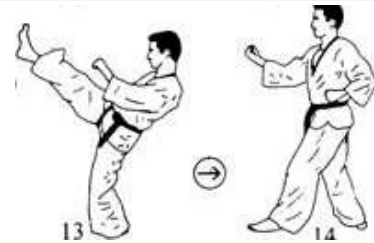
9. **Movement**

9



Turn 270 degrees counterclockwise into a right  
BACK STANCE and a left OUTWARD FOREARM  
BLOCK (palm facing away)

10. **Movement**  
10a & 10b



Execute a right FRONT KICK, return right foot to  
a BACK STANCE while executing a right INSIDE  
BLOCK

11. **Movement 11**



Turn 180 degrees clockwise into a left BACK STANCE with a right OUTWARD FOREARM BLOCK (palm facing away)

12. **Movement 12a & 12b**



Execute a left FRONT KICK, return left foot to a BACK STANCE while executing a left INSIDE BLOCK

13. **Movement 13**



Turn 90 degrees counterclockwise into a left FRONT STANCE with a SWALLOW-TAIL KNIFE-HAND STRIKE

14. **Movement 14a & 14b**



Execute a right FRONT KICK landing into a right FRONT STANCE with a right BACKFIST STRIKE

15. **Movement 15**



Turn 90 degrees counterclockwise into a left WALKING STANCE with a left INSIDE BLOCK

16. **Movement 16**



Without moving feet (stay in walking stance), execute a right REVERSE PUNCH

17. **Movement 17**



Turn 180 degrees clockwise into a right WALKING STANCE with a right INSIDE BLOCK

18. **Movement 18**



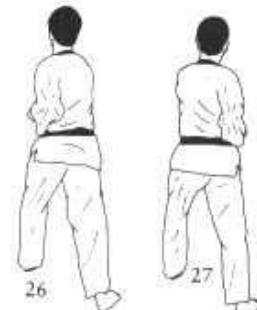
Without moving feet (stay in walking stance), execute a left REVERSE PUNCH

19. **Movement 19a**



(19a) Turn 90 degrees counterclockwise into a left FRONT STANCE with a left INSIDE BLOCK

20. **Movement 19B**



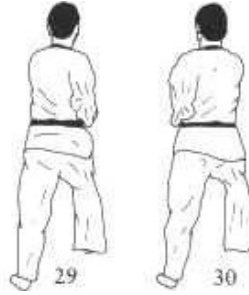
Fixed feet, execute DOUBLE PUNCH with right hand first and then left.

21. **Movement 20a**



Step forward into right FRONT STANCE with a right INSIDE BLOCK

22. **Movement 20b**



Fixed feet, execute a DOUBLE PUNCH with left hand first then right. KIYAP!

23. **Movement 21**



Return to ready position