

1. **Movement**

1



Left WALKING STANCE and left LOW BLOCK

2. **Movement**

2



Right WALKING STANCE and right MIDDLE PUNCH

3. **Movement**

3



Turn 180 degrees clockwise into right WALKING STANCE and RIGHT LOW BLOCK

4. **Movement**

4



Left WALKING STANCE and left MIDDLE PUNCH

5. **Movement**

5 & 6



Turn 90 degrees with left FRONT STANCE and left LOW BLOCK.

Without moving feet, right MIDDLE PUNCH.

6. **Movement**

7



Turn 90 degrees with right WALKING STANCE and left INSIDE BLOCK

7. **Movement**

8



Left WALKING STANCE and right MIDDLE PUNCH

8. **Movement**

9



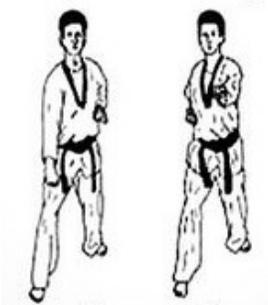
Turn 180 degrees counterclockwise with left WALKING STANCE and a right INSIDE BLOCK

9. **Movement  
10**



Right WALKING STANCE and left MIDDLE PUNCH

10. **Movement  
11 & 12**



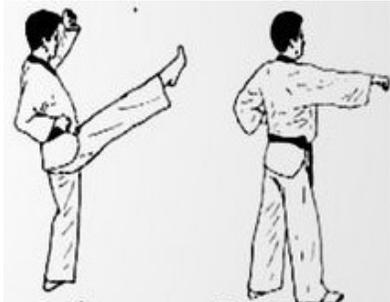
Turn 90 degrees clockwise to right FRONT STANCE and right LOW BLOCK. Without moving feet, left MIDDLE PUNCH

11. **Movement  
13**



Turn 90 degrees counterclockwise to left WALKING STANCE and left HIGH BLOCK

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



Right FRONT KICK into right WALKING STANCE with a right MIDDLE PUNCH

13. **Movement  
15**



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

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



Left FRONT KICK into left WALKING STANCE with a left MIDDLE PUNCH

15. **Movement  
17**



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

16. **Movement  
18**



Step into right FRONT STANCE with a right MIDDLE PUNCH (kiyap)

17. **Movement  
19**



Turn 180 degrees counterclockwise with left foot back to ready stance