

1. **Movement 1:**



Step with out with left foot into HORSERIDING STANCE while executing a slow 4-count left middle PALM BLOCK

2. **Movement 2:**



Right MIDDLE PUNCH

3. **Movement 3:**



Left MIDDLE PUNCH

4. **Movement 4:**



Left BACK STANCE with a SQUARE BLOCK

5. **Movement 5:**



Execute a PULLING UPPERCUT with the left hand in BACK STANCE

6. **Movement 6:**



Execute a right MIDDLE PUNCH in BACK STANCE

7. **Movement 7:**



Pull right leg back into T STANCE with a right KNIFE HAND STRIKE

8. **Movement 8:**



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

9. **Movement 9:**



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

10. **Movement 10:**



Step forward into right FRONT STANCE with a right MIDDLE PUNCH

11. **Movement 11:**



Pull in right arm with left arm while sliding left foot towards right foot

12. **Movement 12:**



Execute a right side kick

13. **Movement 13:**



Land in a BACK STANCE with a right KNIFE HAND STRIKE

14. **Movement 14:**



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

15. **Movement 15:**



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

16. **Movement 16:**



Turn 270 degrees into a BACK STANCE with a MIDDLE SUDOW (double knife hand block)

17. **Movement 17:**



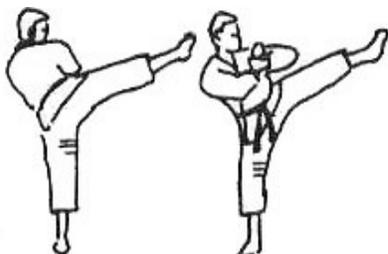
Step forward into a right FRONT STANCE with a RIGHT SPEARHAND STRIKE

18. **Movement 18:**



Turn 180 degrees into BACK STANCE with a MIDDLE SUDOW

19. **Movement 19:**



Two roundhouse kicks starting with right leg

20. **Movement 20:**



Land in a BACK STANCE with a MIDDLE SUDOW

21. **Movement 21:**



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

22. **Movement 22:**



Shift into a BACK STANCE with a right MIDDLE PUNCH

23. **Movement 23:**



Step forward into a BACK STANCE with a left MIDDLE PUNCH

24. **Movement 24:**



Step forward into a BACK STANCE with a right MIDDLE PUNCH

25. **Movement 25:**



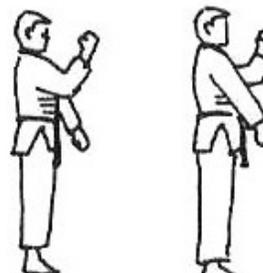
Shift weight into a left FRONT STANCE with an "X" BLOCK

26. **Movement 26:**



Slide into a BACK STANCE with a RIGHT ELBOW STRIKE

27. **Movement 27:**



Turn 270 degrees into CLOSED STANCE with SCISSORS BLOCK (left arm should end upwards)

28. **Movement 28:**



Step forward with left leg into a BACK STANCE with MIDDLE SUDOW

29. **Movement 29:**



Turn 180 degrees into a BACK STANCE with MIDDLE SUDOW. Yell "HWARANG"!

30. **Movement 30:**



Return to Hwarang ready stance with left open palm over right open palm

31. **Ready position:**



Feet together with left open hand over right open hand at belt level (palms facing down)