

1. Movement

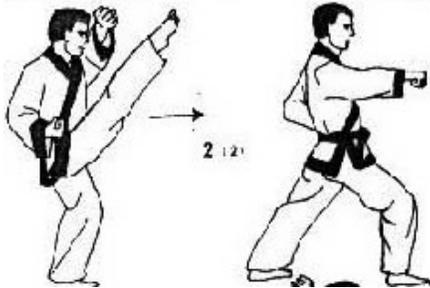
1



Turn left into FRONT STANCE with a left HIGH BLOCK

2. Movement

2A & 2B



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

3. Movement

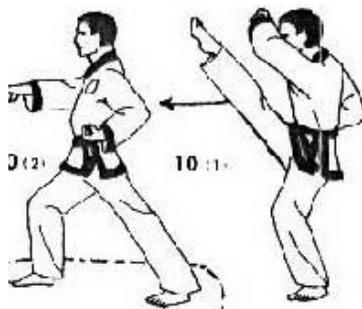
3



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

4. Movement

4a & 4b



Execute a left FRONT KICK landing into a left FRONT STANCE with a left MIDDLE PUNCH

5. Movement

5



Turn 90 degrees counterclockwise into BACK STANCE with a LOW SUDOW (double knifehand low section block)

6. Movement

6



Step into left BACK STANCE with a MIDDLE SUDOW (double knifehand block)

7. Movement

7



Step into left FRONT STANCE with a left HIGH BLOCK

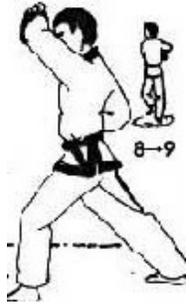
8. Movement

8



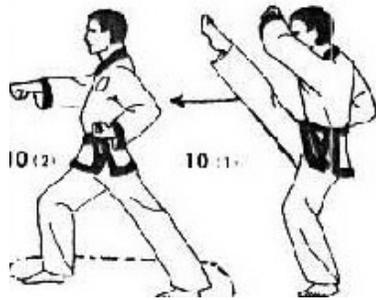
Step forward into right FRONT STANCE with a right MIDDLE PUNCH. KIYAP!

9. **Movement**
9



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

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



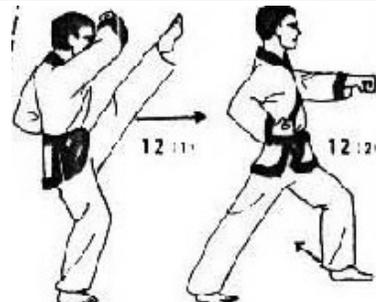
Execute a right FRONT KICK landing in a right FRONT STANCE with a right MIDDLE PUNCH

11. **Movement**
11



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

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



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

13. **Movement**
13



Turn 90 degrees counterclockwise into a BACK STANCE with a DOUBLE FISTED LOW BLOCK

14. **Movement**
14



Step into a left BACK STANCE with a REINFORCED OUTWARD MIDDLE BLOCK

15. **Movement**
15



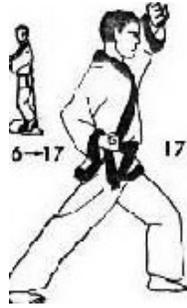
Step into a right BACK STANCE with a left INSIDE BLOCK

16. **Movement**
16



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

17. **Movement**
17



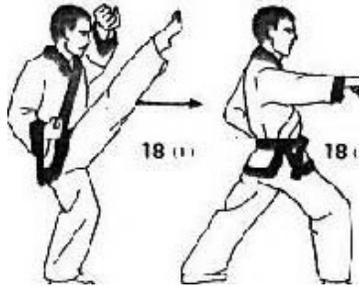
Turn 270 degrees counterclockwise into a left FRONT STANCE with a left HIGH BLOCK

21. **Movement 21**



Return to ready position

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



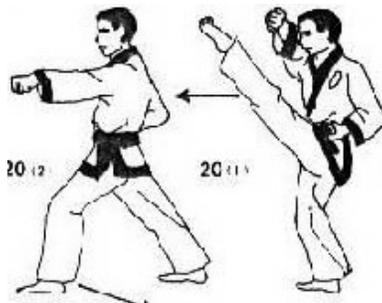
Execute a right FRONT KICK landing in a right FRONT STANCE with a right MIDDLE PUNCH

19. **Movement**
19



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

20. **Movement**
20



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