

1. **Movement**

1



Move left into left FRONT STANCE with a left LOW BLOCK

2. **Movement**

2a & 2b



Execute a right FRONT KICK, set foot down in right BACK STANCE with a left FOREARM BLOCK

3. **Movement**

3



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

4. **Movement**

4a & 4b



Execute a left FRONT KICK, set foot down in a left BACK STANCE with a left FOREARM BLOCK

5. **Movement**

5



Turn 90 degrees into left FRONT STANCE with a right SINGLE KNIFEHAND TWIST BLOCK

6. **Movement**

6a



Execute a right HIGH SECTION ROUNDHOUSE KICK

7. **Movement**

6b & 6c



Set right foot down and turn 90 degrees counterclockwise into a left FRONT STANCE with a left FOREARM BLOCK. Immediately execute a right reverse punch

8. **Movement**

7a & 7b



Execute a right FRONT KICK and land in right FRONT STANCE with a left REVERSE PUNCH

9. **Movement**

8a & 8b



Turn 180 degrees counterclockwise into a right FRONT STANCE with a right FOREARM BLOCK. Immediately execute a left REVERSE PUNCH

10. **Movement
9a & 9b**



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

11. **Movement
10**



Turn 90 degrees counterclockwise into PARALLEL STANCE with a LOW SECTION OPENING BLOCK

12. **Movement
11**



Step forward into a right FRONT STANCE with a left SINGLE KNIFEHAND TWIST BLOCK

13. **Movement
12a**



Execute a left HIGH SECTION ROUNDHOUSE.
Kiyap!

14. **Movement
12b**



Set left foot down and turn 270 degrees counterclockwise into a right FRONT STANCE with a right LOW BLOCK

15. **Movement
13a**



Execute a left FRONT KICK

16. **Movement
13b**



Set left foot down into a left BACK STANCE with a right FOREARM BLOCK

17. **Movement
14**



Turn 180 degrees counterclockwise into a left FRONT STANCE with a left LOW BLOCK

18. **Movement
15a**



Execute a right FRONT KICK

19. **Movement
15b**



Set right foot down into a right BACK STANCE with a left FOREARM BLOCK

20. **Movement 16**



Moving the right foot, turn 90 degrees counterclockwise into a right BACK STANCE with a MIDDLE SUDOW

21. **Movement 17**



Moving the left foot, step backwards into a left BACK STANCE with a MIDDLE SUDOW

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



Step backwards into a left FRONT STANCE with a left PALM HEEL BLOCK. Immediately execute a right REVERSE PUNCH

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



Step backwards into a right FRONT STANCE with a right PALM HEEL BLOCK. Immediately execute a left REVERSE PUNCH

24. **Movement 20**



Moving left foot, return to ready stance by stepping forward