

1. **Movement**

1



Turn counterclockwise with a left WALKING STANCE

6. **Movement**

6



Step forward into right WALKING STANCE with a left INSIDE BLOCK

2. **Movement**

2



Step into right FRONT STANCE with a right MIDDLE PUNCH

7. **Movement**

7



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

3. **Movement**

3



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

8. **Movement**

8a & 8b



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

4. **Movement**

4



Step into left FRONT STANCE with a left MIDDLE PUNCH

9. **Movement**

9



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

5. **Movement**

5



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

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



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

14. **Movement
14**



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

11. **Movement
11**



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

15. **Movement
15**



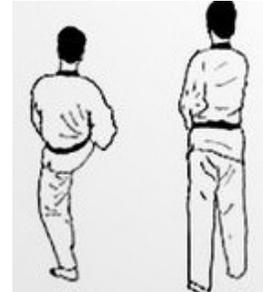
Turn 90 degrees counterclockwise into left
WALKING STANCE with a left LOW BLOCK

12. **Movement
12**



Step forward into right WALKING STANCE with
a right HIGH BLOCK

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



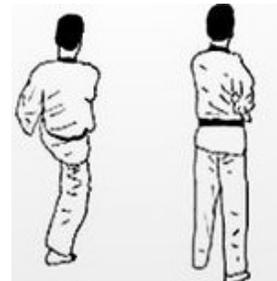
Right FRONT KICK into a right WALKING
STANCE with a right MIDDLE PUNCH

13. **Movement
13**



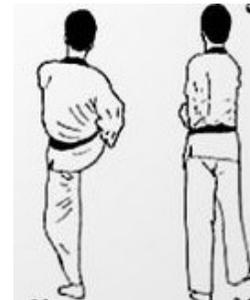
Turn 270 degrees counterclockwise into a left
WALKING STANCE with a right INSIDE BLOCK
(spin move)

17. **Movement
17a & 17b**



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

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



Right FRONT KICK into a right WALKING
STANCE with a right MIDDLE PUNCH (Kiyap)

19. **Movement 19**



Turn 180 degrees counterclockwise with left foot back to ready stance
