

1. **Movement**

1



Moving left foot, step forward into right BACK STANCE with a DOUBLE-FISTED GUARDING BLOCK

2. **Movement**

2



Slide left foot forward into a left FRONT STANCE with a right MIDDLE REVERSE PUNCH

3. **Movement**

3a, 3B & 3C



Execute a DOUBLE FRONT KICK by jumping with right FRONT KICK (3A); followed immediately by a higher JUMPING LEFT FRONT KICK (3B). KIYAP! Land in left front stance with a left INSIDE BLOCK

4. **Movement**

4



With feet fixed, execute a DOUBLE PUNCH with right hand and then left

5. **Movement**

5



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

6. **Movement**

6



Moving left foot, turn 270 degrees counterclockwise into a right FRONT STANCE with a SINGLE MOUNTAIN BLOCK

7. **Movement**

7



Slowly pivot into a left FRONT STANCE with a PULLING HIGH SECTION UPPERCUT (with slow concentrated force)

8. **Movement**

8a & 7b



Step the left foot in front of the right foot into a FRONT CROSS STANCE stepping into a left FRONT STANCE with a SINGLE MOUNTAIN BLOCK

9. **Movement
9**



Slowly pivot into a right FRONT STANCE with a PULLING HIGH SECTION UPPERCUT (with slow concentrated force)

13. **Movement
13**



Turn 90 degrees counterclockwise into a left TIGER STANCE with a DOUBLE KNIFE HAND BLOCK

10. **Movement
10**



Moving right foot, turn 90 degrees counterclockwise into a right BACK STANCE with a MIDDLE SUDOW (double knife hand block)

14. **Movement
14a**



Execute a left FRONT KICK

11. **Movement
11**



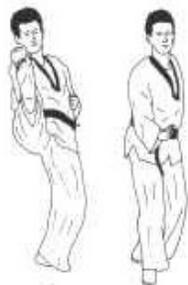
Slide left foot into a left FRONT STANCE with a right REVERSE PUNCH

15. **Movement
14b**



Place foot down into a left FRONT STANCE with a right REVERSE PUNCH

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



Execute a right FRONT KICK, pull right leg back into original position (12a); Draw left foot back into a RIGHT TIGER STANCE with a right PALM HEEL BLOCK (12b)

16. **Movement
15**



Move left foot towards the right foot into a left TIGER STANCE with a left PALM HEEL BLOCK

17. **Movement
16**



Turn 270 degrees counterclockwise into a right TIGER STANCE with a DOUBLE KNIFEHAND BLOCK

18. **Movement**
17a



Execute a right FRONT KICK

19. **Movement**
17b



Place foot down into a right FRONT STANCE
with a left REVERSE PUNCH

20. **Movement**
18



Move right foot towards the left foot into a right
TIGER STANCE with a right PALM HEEL
BLOCK

21. **Movement**
19



Moving left foot, turn 90 degrees clockwise into a
BACK STANCE with a right DOUBLE FISTED
LOW BLOCK

22. **Movement**
20a



Execute a left FRONT KICK followed immediately
with a JUMPING FRONT KICK with KIYAP!

23. **Movement**
20b



Land in right FRONT STANCE with a right
INSIDE BLOCK followed immediately with a
DOUBLE PUNCH first with left hand then right

24. **Movement**
21



Moving left foot turn 270 degrees into a BACK
STANCE with a SINGLE KNIFEHAND BLOCK

25. **Movement**
22



Slide left foot forward into a LEFT FRONT
STANCE with a right ELBOW STRIKE

26. **Movement**
23



With feet fixed, execute a right BACKFIST
STRIKE

27. **Movement
24**



With feet fixed, execute a left MIDDLE PUNCH

28. **Movement
25**



Turn 180 degrees clockwise into a BACK STANCE with a SINGLE KNIFEHAND BLOCK

29. **Movement
26**



Slide the right foot forward into a right FRONT STANCE with a left ELBOW STRIKE

30. **Movement
27**



With feet fixed, execute a left BACKFIST STRIKE

31. **Movement
28**



With feet fixed, execute a right MIDDLE PUNCH

32. **Movement 29**



Return to ready stance