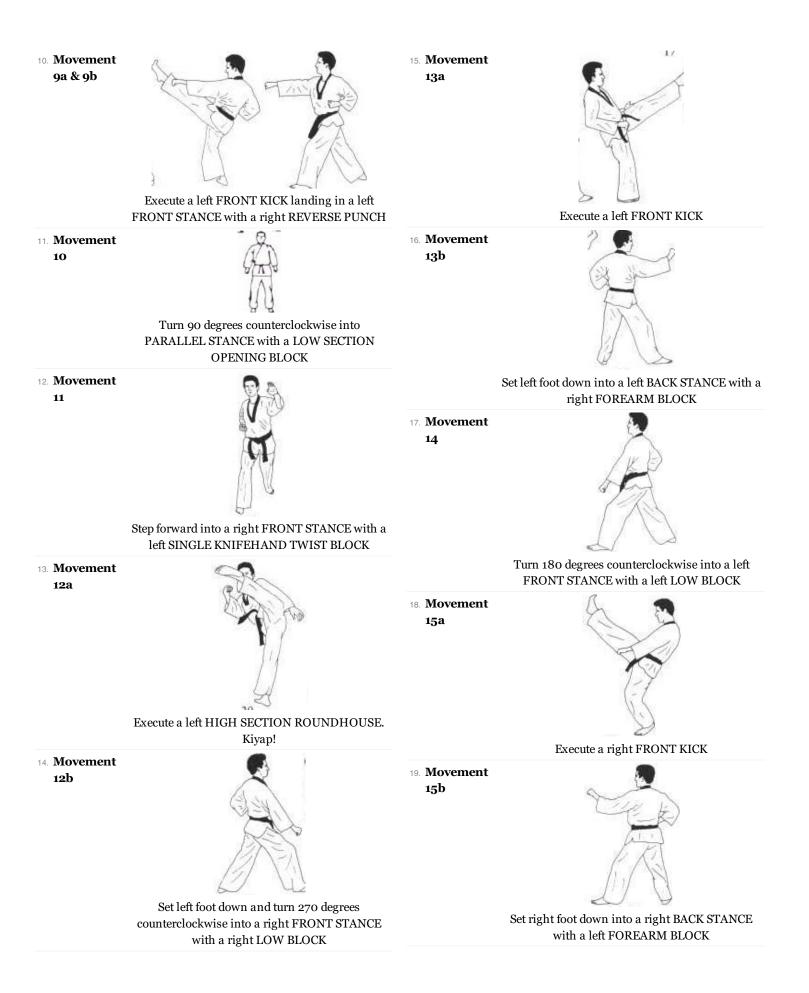


Turn 180 degrees counterclockwise into a right FRONT STANCE with a right FOREARM BLOCK. Immediately execute a left REVERSE PUNCH





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