

1. Movement

1



Turn left into a left FRONT STANCE with a LOW BLOCK

2. Movement

2



Sliding left foot back into a "T" STANCE with a left HAMMERFIST STRIKE

3. Movement

3



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

4. Movement

4



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

5. Movement

5



Sliding right foot back into a right "T" STANCE with a right HAMMERFIST STRIKE

6. Movement

6



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

7. Movement

7



Turn 90 degrees counterclockwise into a right BACK STANCE with a MIDDLE SUDOW (double knifehand block)

8. Movement

8



Step forward into a right FRONT STANCE with a right SPEARHAND STRIKE

9. Movement

9



Pivot counterclockwise to the rear while bringing right hand to belt level on back and left hand protecting face (palms face outwards)

10. Movement

9b



Turn 180 degrees counterclockwise into right BACK STANCE with a left OUTWARD BACKFIST STRIKE

11. **Movement**  
**10**



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

12. **Movement**  
**11**



Turn 270 degrees counterclockwise into a right BACK STANCE with a left OUTWARD KNIFEHAND STRIKE

13. **Movement**  
**12**



Draw left foot back slightly and bend left arm to pull the left knifehand back to right shoulder

14. **Movement**  
**13**



Slide left foot out into a HORSERIDING STANCE with a left ELBOW STRIKE

15. **Movement**  
**14**



Slide left foot into a left FRONT STANCE with a left OUTSIDE BLOCK

16. **Movement**  
**15**



With feet fixed, execute a right MIDDLE REVERSE PUNCH

17. **Movement**  
**16**



Turn the body clockwise into a HORSERIDING STANCE.

18. **Movement**  
**17**



Bring left foot to right foot making a CLOSE STANCE then slide right foot into BACK STANCE with a right OUTWARD KNIFEHAND STRIKE

19. **Movement**  
**18**



Draw right foot back slightly and bend right arm to pull the right knifehand back to left shoulder

20. **Movement**  
**19**



Slide the right foot outward into HORSERIDING STANCE with a right ELBOW STRIKE

21. **Movement**  
**20**



Slide right foot into a right FRONT STANCE with a right OUTSIDE BLOCK

22. **Movement**  
**21**



With feet fixed, execute a left REVERSE PUNCH

23. **Movement**  
**22**



Draw left foot back to right foot into CLOSED STANCE with hands set on the right. Raise left foot onto right CRANE STANCE.

24. **Movement**  
**23**



Execute a simultaneous left HAMMERFIST with a left SIDE KICK

25. **Movement**  
**24**



Step down into a left FRONT STANCE with a right ELBOW TARGET STRIKE

26. **Movement**  
**25**



Moving left foot to meet right foot in a CLOSED STANCE while turning body 180 degrees clockwise.

27. **Movement**  
**26**



Raise right foot into left CRANE STANCE with hands set on left side by belt

28. **Movement**  
**27**



Execute a simultaneous right HAMMERFIST with a right SIDE KICK

29. **Movement**  
**27b**



Step down into a right FRONT STANCE with a left ELBOW TARGET STRIKE

30. **Movement**  
**28**



Turn 180 degrees counterclockwise into a left FRONT STANCE with a SPREADING BLOCK. With feet fixed, execute a DOUBLE UPPERCUT

31. **Movement**  
**29**



Stepping forward into a right FRONT STANCE execute a SPREADING BLOCK. With feet fixed, execute a DOUBLE UPPERCUT

32. **Movement**  
**30**



Step forward into a right BACK STANCE with a left SINGLE KNIFEHAND INWARD BLOCK

37. **Movement**  
**35**



Lifting left leg slightly slide to the left landing in a HORSERIDING STANCE with a LEFT REAR PUNCH. KIYAP!

33. **Movement**  
**31**



Turn 180 degrees clockwise into a HORSERIDING STANCE while executing REAR ELBOW STRIKE. (Right hand open and left hand closed in fist)

38. **Movement**  
**36**



Return to ready stance

34. **Movement**  
**32**



Slide left foot to the right into a CLOSED STANCE with OVERLAPPING HANDS

35. **Movement**  
**33**



Moving left foot into HORESERIDING STANCE with an ESCAPE POSTURE

36. **Movement**  
**34**



Lifting right leg slightly slide to the right landing in a HORSESTANCE with a RIGHT REAR PUNCH