

1. Movement

1



Turn left into a left FRONT STANCE with a left LOW BLOCK

5. Movement

5



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

2. Movement

2



Step forward into a right FRONT STANCE with a right INSIDE MIDDLE BLOCK

6. Movement

6



Step forward into a left BACK STANCE with a right OUTSIDE MIDDLE BLOCK

3. Movement

3



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

7. Movement

7



Step into a right BACK STANCE with a left OUTSIDE MIDDLE BLOCK

4. Movement

4



Step forward into a left FRONT STANCE with a left INSIDE MIDDLE BLOCK

8. Movement

8



Right FRONT STANCE with a right MIDDLE PUNCH. KIYAP!

9. **Movement**
9



Turn 270 degrees counterclockwise into a right BACK STANCE with a MIDDLE SUDOW (double knifehand block)

13. **Movement**
13



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

10. **Movement**
10



LEFT BACK STANCE with a right INSIDE MIDDLE BLOCK

14. **Movement**
14



Right FRONT STANCE with a right KNIFEHAND NECK STRIKE

11. **Movement**
11



Turn 180 degrees clockwise into a left BACK STANCE with a MIDDLE SUDOW

15. **Movement**
15



Left FRONT STANCE with a left KNIFEHAND NECK STRIKE

12. **Movement**
12



RIGHT BACK STANCE with a left INSIDE MIDDLE BLOCK

16. **Movement**
16



Right FRONT STANCE with a right MIDDLE PUNCH

17. **Movement 17**



Turn 270 degrees counterclockwise into LEFT FRONT STANCE with a left LOW BLOCK (just like the beginning)

18. **Movement 18**



RIGHT FRONT STANCE with a right INSIDE MIDDLE BLOCK

19. **Movement 19**



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

20. **Movement 20**



LEFT FRONT STANCE with a left INSIDE MIDDLE BLOCK

21. **Movement 21**



Return to ready position