

1. **Movement**

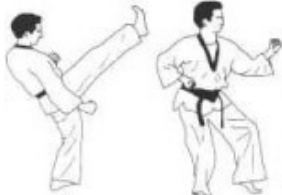
1



Turn left into a left TIGER STANCE with a right PALM HEEL BLOCK

2. **Movement**

2a & 2b



Execute a right FRONT KICK return right leg to TIGER STANCE with a left INSIDE MIDDLE BLOCK

3. **Movement**

3



Turn to right into right TIGER STANCE with a left PALM HEEL BLOCK

4. **Movement**

4a & 4b



Execute a left FRONT KICK, return left leg to TIGER STANCE with a right INSIDE MIDDLE BLOCK

5. **Movement**

5



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

6. **Movement**

6



Step forward into left BACK STANCE with a LOW SUDOW

7. **Movement**

7



Turn 90 degrees clockwise into a left TIGER STANCE with a PALM HEEL INWARD MIDDLE BLOCK (left hand supports right elbow)

8. **Movement**

8



Twist upper body to execute a right BACKFIST STRIKE

9. **Movement**

9



Pivot 180 degrees clockwise into a right TIGER STANCE with a PALM HEEL INWARD MIDDLE BLOCK (right hand supports left elbow)

10. **Movement**

10



Twist the upper body to execute a left BACKFIST STRIKE

11. **Movement**

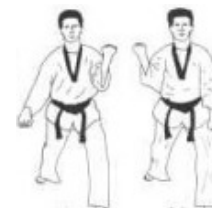
11



Turn 90 degrees counterclockwise, drawing left foot to right, making a CLOSE STANCE and execute a COVERED FIST

12. **Movement**

12a & 12b



Step forward into a left FRONT STANCE and execute a SCISSORS BLOCK

13. **Movement
13a & 13b**



Step forward into a right FRONT STANCE and execute a SCISSORS BLOCK

14. **Movement
14**



Turn 270 degrees counterclockwise into a left FRONT STANCE with a SPREADING BLOCK

15. **Movement
15a & 15b**



Open hands and execute a right KNEE STRIKE (15a); place right foot back into a left REAR CROSS STANCE with a DOUBLE UPPERCUT(15b)

16. **Movement
16**



Step left foot back into a right FRONT STANCE with a CROSS BLOCK (left hand on top)

17. **Movement
17**



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

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



Open hands and execute a left KNEE STRIKE (18a); place left foot back into right REAR CROSS STANCE with a DOUBLE UPPERCUT(18b)

19. **Movement
19**



Step right foot back into left FRONT STANCE with a CROSS BLOCK (right hand on top)

20. **Movement
20**



Turn 90 degrees counterclockwise into left WALKING STANCE with a left OUTWARD BACKFIST STRIKE

21. **Movement
21a & 21b**



Execute a right TARGET KICK dropping down into HORSERIDING STANCE with a right ELBOW STRIKE

22. **Movement
22**



Turn into a right WALKING STANCE with a right OUTWARD BACKFIST STRIKE

23. **Movement
23a & 23b**



Execute a left TARGET STRIKE dropping down into a HORSERIDING STANCE with a left ELBOW STRIKE

24. **Movement
24**



With feet fixed in a HORSERIDING STANCE, execute a left SINGLE KNIFEHAND BLOCK

25. **Movement 25**



Step forward into HORSE-RIDING STANCE A WITH A RIGHT MIDDLE SECTION SIDE PUNCH. KIYAP!

26. **Movement 26**



Moving left foot, return to READY STANCE
