

1. **Movement**

1



Turn left into **BACK STANCE** with a **DIAMOND MIDDLE BLOCK** (simultaneous high block with an outside block)

2. **Movement**

2



With feet fixed, execute a **PULLING HIGH SECTION UPPER CUT**

3. **Movement**

3



Bring left foot back towards right foot into a **PARALLEL STANCE** with a left **PALM DOWN KNIFEHAND STRIKE**

4. **Movement**

4



Turn into a left **BACK STANCE** with a **DIAMOND MIDDLE BLOCK**

5. **Movement**

5



With feet fixed, execute a **PULLING HIGH SECTION UPPER CUT**

6. **Movement**

6



Pull right foot back towards left foot into a **PARALLEL STANCE** with a right **PALM DOWN KNIFEHAND STRIKE**

7. **Movement**

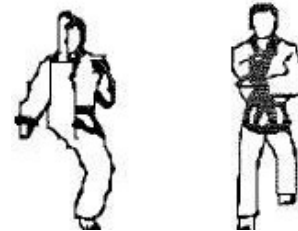
7



Turn counterclockwise into a **BACK STANCE** with a **MIDDLE SUDOW** (double knifehand block)

8. **Movement**

8



Execute a right **FRONT KICK** landing in a right **FRONT STANCE** with a right **VERTICAL SPEARHAND STRIKE**

9. **Movement**

9



Pivot counterclockwise with right hand at back belt level and left hand protecting face (both palms facing out).

10. **Movement**

10



Turn 180 degrees counterclockwise into left **FRONT STANCE** with a left **OUTWARD HAMMERFIST STRIKE**

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



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

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



Turn 270 degrees counterclockwise into a BACK STANCE with a DIAMOND MIDDLE BLOCK

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



With feet fixed, execute a PULLING HIGH SECTION UPPERCUT

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



Pull left back foot towards right foot into a PARALLEL STANCE with a left PALM DOWN KNIFEHAND STRIKE

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



Turn into a BACK STANCE with a DIAMOND MIDDLE BLOCK

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



With feet fixed, execute a PULLING HIGH SECTION UPPERCUT

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



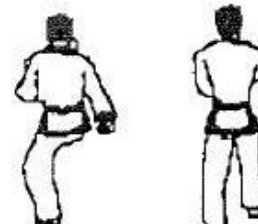
Pull right foot back to left foot into a PARALLEL STANCE with a right PALM DOWN KNIFEHAND STRIKE

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



Turn counterclockwise into BACK STANCE with a MIDDLE SUDOW

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



Execute a right FRONT KICK landing into a right FRONT STANCE with a right VERTICAL SPEARHAND STRIKE

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



Pivot counterclockwise to the rear into a left FRONT STANCE with left hand supporting right elbow and right arm upright with palms inwards

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



Turn 180 degrees counterclockwise into a left FRONT STANCE with a left HAMMERFIST STRIKE

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



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

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



Turn 270 degrees clockwise into HORSERIDING STANCE with a left LOW BLOCK

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



Pivot feet into a left FRONT STANCE with a right REVERSE MIDDLE PUNCH

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



Slide left foot to ready stance then move the right foot into HORSERIDING STANCE with a right LOW BLOCK

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



Pivot feet into a right FRONT STANCE with a left REVERSE MIDDLE PUNCH

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



Return to ready position