

1. **Movement**

1



Turn into left WALKING STANCE with a left LOW BLOCK

2. **Movement**

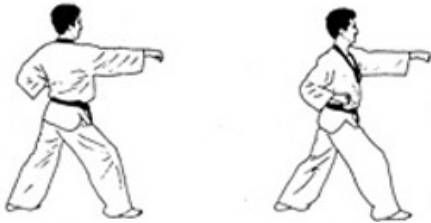
2a



Right FRONT KICK and land in right FRONT STANCE

3. **Movement**

2b & 2c



From right FRONT STANCE, execute a DOUBLE PUNCH with right hand first then left

4. **Movement**

3



Turn 180 degrees clockwise to right WALKING STANCE with a right LOW BLOCK

5. **Movement**

4a



Execute left FRONT KICK landing in FRONT STANCE

6. **Movement**

4b & 4c



From left FRONT STANCE, execute DOUBLE PUNCH with left hand first then right

7. **Movement**

5



Turn 90 degrees counterclockwise into left WALKING STANCE with a right inside KNIFE-HAND STRIKE

8. **Movement**

6



Step into right WALKING STANCE with a left inside KNIFE-HAND STRIKE

9. **Movement**

7



Turn 90 degrees counterclockwise into right BACK STANCE with a left SINGLE KNIFE-HAND OUTWARD BLOCK

10. **Movement**

8



Move into a left FRONT STANCE with a right REVERSE MIDDLE PUNCH

11. **Movement
9**



Turn 180 degrees counterclockwise into left BACK STANCE with a right SINGLE KNIFE-HAND BLOCK

12. **Movement
10**



Move into a right FRONT STANCE with a left REVERSE MIDDLE PUNCH

13. **Movement
11**



Turn 90 degrees counterclockwise into a left WALKING STANCE with a right INSIDE MIDDLE BLOCK

14. **Movement
12**



Step forward into a right WALKING STANCE with a left INSIDE MIDDLE BLOCK

15. **Movement
13**



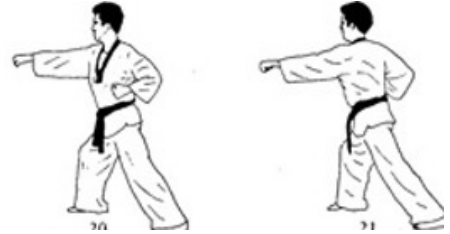
Turn 270 degrees counterclockwise into a left WALKING STANCE with a left LOW BLOCK

16. **Movement
14a**



Execute a right FRONT KICK landing in a right FRONT STANCE

17. **Movement
14b & 14c**



From the right FRONT STANCE, execute a DOUBLE PUNCH, punching with right hand first and then left

18. **Movement
15**



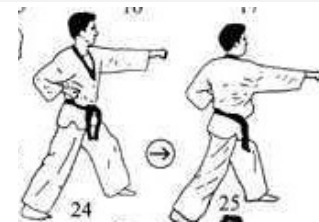
Turn 180 degrees clockwise into a right WALKING STANCE with a right LOW BLOCK

19. **Movement
16a**



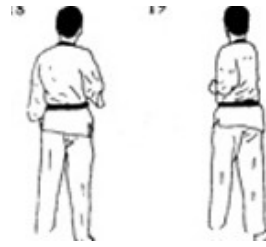
Execute a left FRONT KICK landing in a left FRONT STANCE

20. **Movement
16b & 16c**



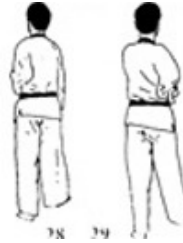
From the left FRONT STANCE, execute a DOUBLE PUNCH, with left hand first and then right

21. **Movement 17a & 17b**



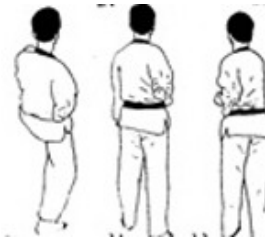
Turn 90 degrees counterclockwise into a left WALKING STANCE with a left LOW BLOCK followed immediately with a right MIDDLE PUNCH

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



Step into a right WALKING STANCE with a right LOW BLOCK followed immediately with a left MIDDLE PUNCH

23. **Movement 19a, 19b, 19c**



(19a) Execute a left FRONT KICK landing in a left WALKING STANCE; (19b) Execute a left LOW BLOCK (19c) immediately followed by a right MIDDLE PUNCH

24. **Movement 20a, 20b & 20c**



(20a) Execute a right FRONT KICK landing in a right WALKING STANCE; (20b) Execute a right LOW BLOCK (20c) immediately followed by a left MIDDLE PUNCH. KIYAP!

25. **Movement 21**



Return to joombi moving left foot and turning counterclockwise back to ready stance