

1. Movement

1



Move left foot backwards into right FRONT STANCE with SCISSORS BLOCK

2. Movement

2



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

3. Movement

3



Step forward into BACK STANCE with MIDDLE SUDOW (double knifehand block)

4. Movement

4



Slide right foot back one step into right BACK STANCE with a PALM HEEL MIDDLE PRESSING BLOCK

5. Movement

5



Step forward into right FRONT STANCE with right MIDDLE PUNCH

6. Movement

6



Turn 180 degrees clockwise into BACK STANCE with LOW SUDOW

7. Movement

7



Step forward into BACK STANCE with a MIDDLE SUDOW

8. Movement

8



Slide left foot back one step into BACK STANCE with PALM HEEL MIDDLE PRESSING BLOCK

9. Movement

9



Step forward into right FRONT STANCE with MIDDLE PUNCH

10. Movement

10



Turn 90 degrees counterclockwise into left FRONT STANCE with SCISSORS BLOCK

11. Movement

11



Step forward into right FRONT STANCE with right REINFORCED MIDDLE BLOCK

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



Step forward into left FRONT STANCE with left REINFORCED MIDDLE BLOCK

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



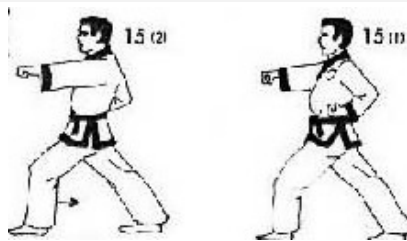
Step forward into right FRONT STANCE with a VERTICAL SPEARHAND STRIKE. KIYAP!

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



Turn 270 degrees counterclockwise into a left FRONT STANCE with a left OUTSIDE MIDDLE BLOCK

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



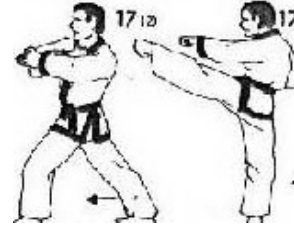
With feet fixed, execute a DOUBLE PUNCH with right hand first then left

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



With right foot fixed, raise left foot to right knee making a CRANE STANCE

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



Simultaneously execute a left SIDE KICK with a left HAMMER FIST. Placing left foot down into left FRONT STANCE with a right ELBOW TARGET STRIKE

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



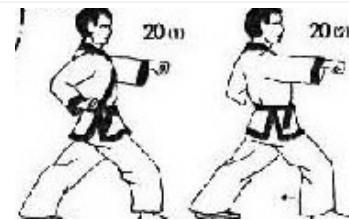
Step forward into left BACK STANCE with a MIDDLE SUDOW

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



Turn 180 degrees clockwise into right FRONT STANCE with a right OUTSIDE MIDDLE BLOCK

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



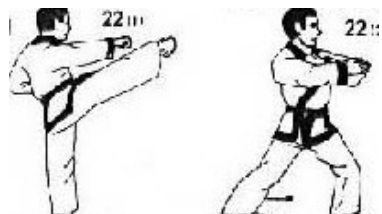
With feet fixed, execute a DOUBLE PUNCH, punching first with left hand then with right

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



With left foot fixed, raise right foot to the left knee making a CRANE STANCE

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



Simultaneously execute a right SIDE KICK with a right HAMMER FIST. Placing left foot down into right FRONT STANCE with a left ELBOW TARGET STRIKE

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



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

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



Step forward into right BACK STANCE with MIDDLE SUDOW

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



Turn 270 degrees into right BACK STANCE with LOW SUDOW

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



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

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



Step forward into left BACK STANCE with a MIDDLE SUDOW

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



Step forward into left BACK STANCE with DOUBLE FISTED LOW BLOCK

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



Slide right foot back one step into right BACK STANCE with PALM HEEL MIDDLE PRESSING BLOCK

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



Step forward into right BACK STANCE with DOUBLE FISTED LOW BLOCK

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



Step forward into right FRONT STANCE with right MIDDLE PUNCH

32. **Movement 32**



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

33. **Movement 33**



Step forward into right BACK STANCE with a MIDDLE SUDOW

34. **Movement 34**



Slide left foot back one step into left BACK STANCE with a PALM HEEL MIDDLE PRESSING BLOCK

35. **Movement 35**



Step forward into left FRONT STANCE with left MIDDLE PUNCH

36. **Movement 36**



Return to ready stance