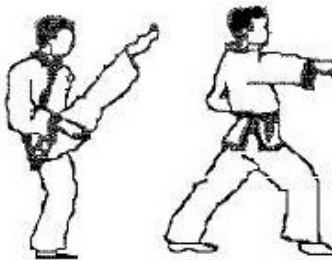


1. **Movement 1:**



Turn left into right BACK STANCE with a MIDDLE SUDOW (double knifehand block)

2. **Movement 2a & 2b:**



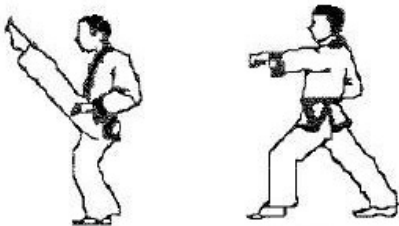
Execute a right FRONT KICK landing in a right FRONT STANCE with a right MIDDLE PUNCH

3. **Movement 3:**



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

4. **Movement 4a & 4b:**



Execute a left FRONT KICK landing in a left FRONT STANCE with a left MIDDLE PUNCH

5. **Movement 5:**



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

6. **Movement 6:**



With feet fixed, execute a SWALLOW TAIL KNIFEHAND STRIKE

7. **Movement 7a & 7b:**



Execute a right FRONT KICK landing in a rear CROSS STANCE with a REINFORCED HIGH SECTION BACKFIST. KIYAP!

8. **Movement 8:**



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

9. **Movement 9:**



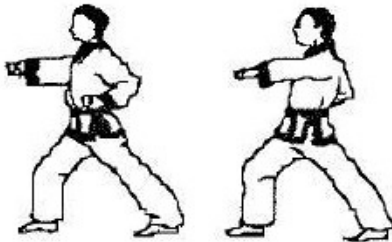
Slide left foot into a left FRONT STANCE with a SPREADING BLOCK

10. **Movement 10a:**



Execute a right FRONT KICK

11. **Movement 10b & 10c:**



Place right foot down into a right FRONT STANCE with a DOUBLE PUNCH (punch first with right hand then left)

12. **Movement 11:**



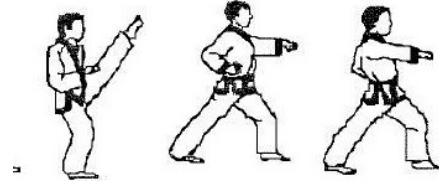
Turn 180 degrees clockwise into a left BACK STANCE with a LOW SUDOW

13. **Movement 12:**



Slide right foot into a right FRONT STANCE with a SPREADING BLOCK

14. **Movement 13a, 13b & 13c:**



Execute a left FRONT KICK landing in a left FRONT STANCE with a DOUBLE PUNCH (punch with left hand first then right)

15. **Movement 14:**



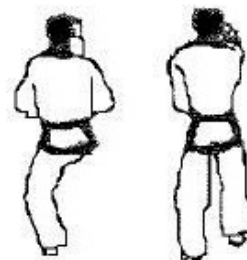
Turn 90 degrees counterclockwise into a right BACK STANCE with a MIDDLE SUDOW

16. **Movement 15:**



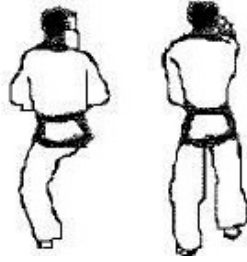
Slide left foot into a left FRONT STANCE with a SWALLOW TAIL PALM HEEL STRIKE

17. **Movement 16a & 16b:**



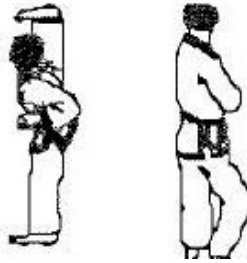
Execute a right FRONT KICK landing in a right FRONT STANCE with a right HIGH SECTION BACKFIST STRIKE. KIYAP!

18. **Movement 17a & 17b:**



Execute a left FRONT KICK landing in a left FRONT STANCE with a right HIGH BLOCK

19. **Movement 18a & 18b:**



Execute a right SIDE KICK landing in a left BACK STANCE with a MIDDLE SUDOW

20. **Movement 19:**



Pivot 180 degrees counterclockwise into a right BACK STANCE with a middle sudow

21. **Movement 20:**



Moving right foot, return to ready stance