

Basic Movement

1. Left foot forward and Left Hand Low Block on Front Stance
2. No Step, Right Hand Middle Punch (**Yell**).
3. Back to Ready Stance
4. Right foot forward and Right Hand Low Block on Front Stance
5. No Step, Left Hand Middle Punch (**Yell**).
6. Back to Ready Stance

7. Left foot forward and Left Hand Middle Block on Front Stance
8. No Step, Right Hand Double Middle Punches (**Yell**).
9. Back to Ready Stance
10. Right foot forward and Right Hand Middle Block on Front Stance
11. No Step, Left Hand Double Middle Punches (**Yell**).
12. Back to Ready Stance

13. Left foot forward and Left Hand High Block on Front Stance
14. No Step, Right Hand Tae Kwon Do Punch (**Yell**).
15. Back to Ready Stance
16. Right foot forward and Right Hand High Block on Front Stance
17. No Step, Left Hand Tae Kwon Do Punch (**Yell**).
18. Back to Ready Stance

19. Turn Left, Single Left Knife-hand Middle Block on Back Stance
20. No Step, Change from Back Stance to Front Stance & Right Hand Middle Punch (**Yell**).
21. Back to Ready Stance.
22. Turn Right, Single Right Knife-hand Middle Block on Back Stance
23. No Step, Change from Back Stance to Front Stance & Left Hand Middle Punch (**Yell**).
24. Back to Ready Stance.

25. Turn Left, Double Knife-hand Middle Block on Back Stance
26. No Step, Change from Back Stance to Front Stance & Right Elbow Strike to side Face(**Yell**) .
27. Back to Ready Stance.
28. Turn Right, Double Knife-hand Middle Block on Back Stance
29. No Step, Change from Back Stance to Front Stance & Left Elbow Strike to side Face.
30. Back to Ready Stance.

31. Turn Left, Double Knife-hand Low Block on Back Stance
32. No Step, Change from Back Stance to Front Stance & Right Elbow upper Strike to Chin.
33. Back to Ready Stance.
34. Turn Right, Double Knife-hand Middle Block on Back Stance
35. No Step, Change from Back Stance to Front Stance & Left Elbow upper Strike to Chin.
36. Back to Ready Stance.

37. Left foot forward and Left Knife Hand High Block and Right Knife Hand Strike to Neck on Front Stance
38. No Step, Left Hand Middle Punch (**Yell**).
39. Back to Ready Stance
40. Right foot forward and Right Knife Hand High Block and Left Knife Hand Strike to Neck on Front Stance
41. No Step, Right Hand Middle Punch (**Yell**).
42. Back to Ready Stance

43. Left foot forward and Right Knife Hand Twist Face Block on Front Stance
44. Right foot Round House Kick to Face, then Left Hand Face Block, then Right Hand Middle Punch (**Yell**).
45. Back to Ready Stance
46. Right foot forward and Left Knife Hand Face Block on Front Stance
47. Left foot Round House Kick to Face, then Right Hand Face Block, then Left Hand Middle Punch (**Yell**).
48. Back to Ready Stance

49. Left foot forward and X- High Block on Front Stance
50. No Step, Right Hand Middle Punch (**Yell**).
51. Back to Ready Stance
52. Right foot forward and X- High Block on Front Stance
53. No Step, Left Hand Middle Punch (**Yell**).
54. Back to Ready Stance

55. Right Foot Back, Single Knife-Hand Block on Back Stance
56. Spin around forward, Right Elbow Strike on Sitting Stance (**Yell**).
57. Back to Ready Stance
58. Left foot Back, Single Knife-Hand Block on Back Stance
59. Spin around forward, Left Elbow Strike on Sitting Stance (**Yell**).
60. Back to Ready Stance

61. Right foot Back, Left Palm Middle Block on Front Stance
62. No Step, Double Middle Punch (**Yell**).
63. Back to Ready Stance
64. Left foot Back, Right Palm Middle Block on Front Stance
65. No Step, Double Middle Punch (**Yell**).
66. Back to Ready Stance

67. Right foot Back, Single Mountain Block on Sitting Back Stance
68. Change stance to Front Stance, then Right Hand Upper-Strike (**Yell**).
69. Back to Ready Stance
70. Left foot Back, Single Mountain Block on Sitting Back Stance
71. Change stance to Front Stance, then Left hand Upper-Strike (**Yell**).
72. Back to Ready Stance
