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Side View



Front View





DIAGRAM: +

MOVEMENTS: 72

READY POSTURE: CLOSE READY STANCE A.

- Slide to C to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
- Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.
- 3. Slide to C, forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
- 4. Execute a middle vertical punch to D with the left fist while forming a right walking stance toward D, slipping the right foot.
- 5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.
- 6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.

Perform 5 and 6 in a fast motion.

- Execute a high side block to BD with the left knife-hand while forming a right walking stance toward BD.
- 8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD.

Perform 7 and 8 in a fast motion.

- Move the right foot to C, turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.
- Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 9.
- 11. Execute a high turning kick to D with the right foot.

Perform 10 and 11 in a consecutive kick.

- 12. Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.
- Move the left foot to C, forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.







- Execute a high side piercing kick to C with the left foot, keeping the position of the hands as they were in 13.
- 15. Execute a high turning kick to D with the left foot.

Perform 14 and 15 in a consecutive kick.

- 16. Lower the left foot to D in a jumping motion, forming a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.
- Move the left foot to A, forming a right L-stance toward A while executing a low punch to A with a left double fist.
- 18. Bring the right palm on the left forefist and then twist them counter-clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot.

Perform in a releasing motion.

- Execute a high punch to A with the right fist while maintaining a left walking stance toward A.
- 20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.
- 21. Bring the left palm on the right forefist, and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.
- 22. Execute a high punch to B with the left fist while maintaining a right walking stance toward B.
- 23. Slide to B to form a right L-stance toward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.
- 24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.
- 25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.
- 26. Execute a front strike to A, with the left back fist while forming a right walking stance toward A, slipping the left foot.
- 27. Move the left foot to D, forming a right walking ready stance toward C.
- 28. Jump to execute a flying front snap kick to C with the right foot.
- 29. Land to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 30. Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.
- 31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward C.
- 32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.
- 33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.
- 34. Execute a middle block to BC with a double arc-hand while forming a left walking stance toward BC and looking through the hands.
- 35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.











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- Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.
- 37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- 38. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 37.
- 39. Lower the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
- Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.
 Perform 39 and 40 in a fast motion.
- 41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.
- 42. Execute a middle block to AC with a double arc-hand while forming a right walking stance toward AC and looking through the hands.
- 43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.
- 44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.
- 45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.
- 46. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 45.
- 47. Lower the right foot to D to form a right walking stance toward D while executing a middle punch to D with the right fist.
- 48. Execute a middle punch to Dwith the left fist while maintaining a right walking stance toward D.
 Perform 47 and 48 in a fast motion.
- 49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.
- 50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.
- 51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 52. Execute a low block to D with the right knife-hand and a middle outward block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.
- 53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D.
 Perform 52 and 53 in a continuous motion.
- 54. Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot.
- 55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
- 56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

- 57. Execute a low block to D with the left knife-hand and a middle outward block to D with the right inner forearm while forming a right walking stance toward D, slipping the right foot.
- 58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D.
 Perform 57 and 58 in a continuous motion.
- 59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.
- 60. Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.
- 61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.
- 62. Turn clockwise while forming a left bending ready stance A toward C.
- 63. Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 62.
- 64. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.
- 65. Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.
- 67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.
- 68. Turn counter-clockwise while forming a right bending ready stance A toward C.
- 69. Execute a high side piercing kick to D with the left foot, keeping the position of the hands as they were in 68.
- 70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.
- Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.

 Perform 71 and 72 in a continuous motion.

END: Bring the right foot back to a ready posture.

Side View

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