

From Choonbi stance with hands crossed at solar plexus in knifehands: (Right over Left)

- 1a) Turn left 90° on Left foot doing a Right Front thrust kick then...
- 1b) (without setting the foot down) Turn right 180° on Left foot setting in a Right Front stance doing a Left Reverse punch.
- 2a) Do a Left Front thrust kick then...
- 2b) (without setting the foot down) Turn left 180° on the Right foot setting in a Left Front stance doing a Right Reverse punch.
- 3) Slide Right foot to Left foot while turning right 90° doing a double "kick catch" to solar plexus.
- 4a) Do a Left Front Snap kick and set down with feet together then...
- 4b) Do a Right Heel kick to the rear.
- 5) (without setting the foot down) Step forward with the Right foot then Left foot extending Right fist and set forward in a Left Front stance doing a Left Lunge punch.
- 6a) (same stance) Do a Right Reverse punch then...
- 6b) (same stance) Immediately do a Left Reverse punch.
- 7) Slide Right foot to set in a Right Back stance doing a Guarding block.
- 8a) Do a Double Free punch with a loud "kiap" on the second punch then...
- 8b) Set forward to a Right Half-Front stance doing a Guarding block with Left fist forward.
- 9) Turn left 90° on the Right foot stepping to a Left Front stance doing a Left Rising block and a Right Knifehand to the neck.
- 10a) Do a Right Front Snap kick then...
- 10b) Step forward with Right leg and bring the Left leg up to a Left Cross-legged stance doing a Right Backfist to the face.

- 11) Turn left 180° on the Right foot and step forward to a Left Front stance doing a Left Rising block and a Right Palm heel strike to the groin.
- 12) Slide Right foot to a Right Back stance doing a Left Down block and pull Right fist to vertical Backfist position. (elbow is 90°)
- 13a) Take a short shuffle step forward with the left leg and do a (Right) back leg Outside-in Crescent kick slapping Left Palm then...
- 13b) Step down with the Right foot to a Kimase stance doing a Right Elbow strike into the Left Palm.
- 14) Step up with Left foot to Left Cross-legged stance doing a augmented Right Backfist (keep Left Palm on Right Elbow).
- 15) Step back with Left foot to Right Front stance doing a Right Rising block and a Left Knifehand to the neck.
- 16a) Do a Left Front Snap kick then...
- 16b) Step down forward and bring the Right leg up to a Right Cross-legged stance doing a Left Backfist to the face.
- 17) Turn right 180° on Left foot and step to a Right Front stance doing a Right Rising block and a Left Palm Heel strike to the groin.
- 18) Slide Left foot to Left Back stance doing a Right Down block and pull Left fist to vertical Backfist position.
- 19a) Take a short shuffle step forward with the right leg and do a Left Outside-in Crescent kick slapping Right Palm then...
- 19b) Step down forward to a Kimase stance doing a Left Elbow strike into Right Palm.
- 20) Step up with Right foot to Right Cross-legged stance doing a augmented Left Backfist (keep Right Palm on Left Elbow).
- 21a) Turn right 180° and step back with the Left foot to a Left Back stance doing a Right Outward block (slapping Right wrist off Left palm) then...
- 21b) (from the same stance) Do a Right Down block (Right wrist slapping off Left Palm) and Left Palm sets at solar plexus).

22) Slide the Left foot up to the Right foot setting in a fighting stance with hands in a Guarding block.

23a) Do a Right Front Snap kick and set down to a Ready stance then...

23b) Turn left 90° and do a (Left) lead leg Side kick.

24) Turn right 180° on Right foot and fall forward doing a low "X" block with the Right hand on top while squatting (with Left foot slightly forward).

25) Do an arm sweep and set Right knee down while turning right 180° doing a Left Round kick to the head.

26) Set the Left knee down and pivot left 180° and do a Right Side kick to the midsection.

27) Set the Right foot forward and rise to a Right Half-kimase stance doing a Right Thumb knuckle (palm side up) to the neck and a Left Knifehand to the groin.

28) Pivot left 180° to a Left Half-kimase stance doing a Left Thumb knuckle (with palm side up) and a Right Knifehand to the groin.

29a) Slide the Left foot back to the Right foot then...

29b) Fall forward with the Right foot to a Right Front stance doing a Right Uppercut (with Left Palm on top of Right upper arm).

30) Slide the Left foot to the Right foot setting in a fighting stance with hands in Guarding position.

31) Do a Right Front Snap kick and set the Right foot back to a Right Back stance.

32a) Do a Left (lead leg) Side kick then...

32b) Set down to a Right Back stance doing a Right Reverse punch.

33) Slide the Right foot up and set in a fighting stance with the hands in a Guarding block.

34) Do a Left Front Snap kick and set the Left foot back to a Left Back stance.

35a) Do a Right (lead leg) Side kick then...

35b) Set down to a Left Back stance doing a Left Reverse punch.

36) Do a Left Free punch with a loud "Kiap" and set in a Left Half-front stance.

37) Do a slow Left Jab with an audible exhale and completely twist upper body into punch.

38) Quick return and do a slow Guarding block (ending with Right hand forward) with an audible exhale.

39) Turn left 180° on Left foot to the Choonbi stance with hands crossed at wrists at shoulder height.

Kicking Demonstration

All kicks (except the last) are thrown from a back stance with the front foot. Kicker starts in a left back stance. Opponent starts in a left back stance.

Hook kick – Round kick (Both thrown high)

Round kick – Round kick (High, low)

Round kick – side kick (Both thrown high)

Spin side kick – round kick (Low, high)

Loud kiap on last kick of final series.