Bat Sae Dae
Large Poisonous Snake
1st Dan

S. Start - Joonbe

1. Move the left foot to the right foot, while drawing both hands to the right side (right fist in left palm); then, in tungeon motion, lower hands into groin block.

2. (As if being pushed) fall forward into X-stance, while executing right middle block supported by left hand at the wrist.

3. Turn left 180° into LFS (left front stance), execute left inside to outside middle block, then right outside to inside middle block.

4. Turn right 180° into RFS (right front stance), execute right inside to outside middle block, then left outside to inside middle block.

5. Bring right leg up into Crane stance, execute left mountain block and right downblock.

6. Pivot on the left foot 90º to the right, step out with right foot into RFS, execute right middle block, then left outside to inside middle block.

7. Turn 90º to the left into SS (saddlelock stance), execute right side block then left horizontal knifehand strike to the neck (shout!), then in rapid succession execute right middle punch and right middle block, left middle punch and left middle block.

8. Step right foot forward into RBS (right back stance), execute right double knifehand middle block.

9. Step left foot forward into LBS (left back stance), execute left double knifehand middle block.

10. Step right foot forward into RBS, execute right double knifehand middle block.

11. Step right foot back into LBS, execute left double knifehand middle block.

12. Step into LFS, execute knifehand x-block; chamber right leg for side kick while turning 90º on left foot, execute right side kick.

13. Step right foot down while turning left 180° into LBS, execute left double knifehand middle block.

14. Step right foot into RBS, execute right double knifehand middle block.

15. Bring left foot to right foot, execute crossed open palm block over groin; then in rapid succession, execute twin high block; twin elbow strike backward, then stepping into RFS, execute twin upper cut.
16. Execute **jumping right middle punch** in **RFS** *(shout!)*.

17. Turn 180° into **LFS**, execute **right low spearhand strike**; turning 90° right, pull left foot into right foot while executing **left down block** to the side (right fist chambered).

18. Pivot 180° on left foot while executing **right crescent kick**, followed by **right down block** to the side.

19. Turn 90° to the left into **LFS**, execute **left horizontal knifehand strike**; turn hand vertical and execute **right crescent kick** and **elbow strike** to hand.

20. Land 90° to the left into **SS**, execute **triple low punch** (right/left/right).

21. Turn 90° right into **RFS**, execute **twin punch**; bring right foot back to left while executing **left side block**, then **left crescent kick**.

22. **Twin punch** in **LFS**, bring left foot to right while executing **right side block**, then **right crescent kick**.

23. **Twin punch** in **RFS**.

24. Turn 270° into deep **LFS**, execute **right tungeon middle block** to the right side.

25. Turn 180° into deep **RFS**, execute **left tungeon middle block** to the left.

26. Turn 90° to the left into **RBS**, execute **right double knifehand middle block**.

27. Turn 90° to the right into **RBS**, execute **right double knifehand middle block**.

28. Turn 90° to the left, slide into deep **LBS**, execute **left double knifehand middle block**.

29. Pull left foot back to right, repeat step number one to finish.