S Start & finish, Joonbe (ready position), execute tungeon pushing block (open both hands and turn palms up, slowly raise hands to face level while inhaling, then turn palms outward and slowly push out while exhaling).

1. Turn left 90º into LBS (left back stance), left double knife hand middle block.

2. Pivot 180º to the left, double side kick with right leg, (fast low kick, slow middle kick).

3. Land right foot forward into RFS (right front stance), outside right knifehand strike to neck; without stepping, left middle reverse punch.

4. Pull right foot back into RBS (right back stance), right inside middle block.

5. Turn 180º to the right into RBS, right double knifehand middle block.

6. Pivot 180º to the right, double side kick with left leg, (fast low kick, slow middle kick).

7. Land left foot forward into LFS (left front stance), outside left knifehand strike to neck, without stepping, right middle reverse punch.

8. Pull left foot back into LBS, left inside middle block.

9. Turn 90º to left into LFS, left single knifehand down block, then without stepping, right tiger mouth strike to the throat.

10. Right front kick, step into RFS, right single knifehand down block, then without stepping, left tiger mouth strike to throat.

11. Left front kick, step into LFS, left single knifehand down block, then without stepping, right tiger mouth strike to throat.

12. Right front kick, step into RFS, execute knee break (left tiger mouth strike to knee while lifting opponent’s leg with right hand).

13. Turn 180º to the right into RFS facing S, double forearm middle block, palms facing in.

14. Left front kick.

15. Step into LFS, execute knee break, (shout!)
16. Pull left foot back into **left cat stance, double forearm middle block**, palms facing in.

17. Pivot on the left foot 180º to the right into **SS** (saddlelock stance), **left single knifehand middle block**, maintain stance, **right cross-body punch** using left hand as target.

18. Step right foot over left into **x-stance**, pull fists into right side block, **left side kick**.

19. Step left foot down into low **RFS, left spearhand** (palm up) to groin, bring right palm to left shoulder.

20. Pull right foot back into **natural stance, right down block**.

21. Pivot 180º on right foot into **LBS, right low palm block**.

22. Pivot 180º on the left foot into **SS, right elbow strike** with left palm on right fist, then **right single knifehand strike**, maintain stance and perform **left cross body punch** to right palm.

23. Step left foot over right, left side block with fists, **right side kick**.

24. Step right leg out into **LFS, right spearhand** to groin, bring left palm to right shoulder.

25. Pull left foot back into **natural stance, left low palm block**.

26. Pivot 180º on the left foot into **RBS, right low palm block**.

27. Pivot 180º on the right foot into **SS, left elbow strike** with right palm on left fist

28. Slowly pull right foot to left foot, raise both hands above head then slowly lower them in a wide circular motion and execute a **left hammer fist** to right palm.

29. Turn 180º to the left into **LFS, left knifehand strike** to the neck then **left low knifehand block**.

30. Step into **RFS, right knifehand strike to the neck** then **right low knifehand block**.

31. Step into **LFS, left knifehand strike to the neck** then **left low knifehand block**.

32. Step into **RFS, right tiger mouth strike** to the throat, (shout!). Turn 180º to the right and finish with **tungeon pushing block**.