

Choi-Yong

1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D.
3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C.
5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
11. Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.
13. Execute a high reverse hooking kick to D with the left foot.
14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a **consecutive** kick.
15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
17. Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.
18. Execute a high reverse hooking kick to C with the right foot.
19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a **consecutive** kick.
20. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.
22. Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.
23. Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.
24. Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.

25. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.
27. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.
28. Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
30. Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.
31. Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.
32. Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.
33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.
34. Turn the face toward A while forming a left bending ready stance A toward A.
35. Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.
37. Execute a high reverse hooking kick to B with the right foot.
38. Lower the right foot to B in a **stamping motion** to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.
39. Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.
40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.
41. Turn the face to B while forming a right bending ready stance A toward B.
42. Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.
43. Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.
44. Execute a high reverse hooking kick to A with the left foot.
45. Lower the left foot to A in a **stamping motion** to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.
46. **Slide** to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.

