

Choong-Jang

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in **slow motion**.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
21. Move the right foot to D in a **sliding motion** to form a right L-stance toward C while thrusting to D with the right side elbow.
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.

24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
26. Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in **slow motion**.
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a **stamping motion**.
30. Punch the left palm with the right fist while maintaining a right L-stance toward C.
31. Move the right foot to C in a **stamping motion** to form a left L-stance toward C while executing a downward strike with the right back hand.
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a **stamping motion**.
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a **stamping motion**.
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.
46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.

48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.
52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.