

Moon-Moo

1. Turn the face to B while forming a right bending ready A toward B. Perform in a **slow motion**.
2. Execute a high side piercing kick to B with the left foot. Perform in a **slow motion**.
3. Execute a high side piercing kick to B with the left foot. Perform 2 and 3 in a double kick.
4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.
5. Execute a high reverse hooking kick to B with the right foot. Perform in a **slow motion**.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.
7. Move the left foot to A forming a left walking stance toward A while executing a pressing block to A with the right palm.
8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.
9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint. Perform in **slow motion**.
10. Lower the left foot to the right foot and then turn the face to A while forming a left bending ready stance A toward A. Perform in **slow motion**.
11. Execute a high side piercing kick to A with the right foot. Perform in a **slow motion**.
12. Execute a high side piercing kick to A with the right foot. Perform 11 and 12 in a double kick.
13. Lower the right foot to a to form a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.
14. Execute a high reverse hooking kick to A with the left foot. Perform in a **slow motion**.
15. Lower the left foot to A in a jumping motion to form a left X-stance toward C while executing a middle side strike to A with the left knife-hand.
16. Move the right foot to B forming a right walking stance toward B while executing a pressing block to B with the left palm.
17. Move the left foot to B to form a left walking stance toward B at the same time executing a pressing block with the right palm.
18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint. Perform in **slow motion**.
19. Turn the face to C while forming a left bending ready stance B toward D.
20. Execute a high back piercing kick to C with the right foot. Perform in **slow motion**.
21. Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.
22. Turn the face to C while forming a right bending ready stance B toward D.
23. Execute a high back piercing kick to C with the left foot. Perform in **slow motion**.
24. Lower the left foot to C to form a right walking stance toward D while executing a middle punch to D with the left fist.
25. **Slide** to C forming a right rear foot stance toward D while executing a downward block with the left palm.
26. Execute a middle side front snap kick to D with the left foot keeping the position of the hands as they were in 25.

27. Lower the left foot to D and then move the right foot to C in a **stamping motion** to form a sitting stance toward A while executing a middle side strike to C with the right side fist.
28. **Slide** to C maintaining a sitting stance toward A while executing a scooping block with the left palm.
29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a **connecting motion**.
30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.
31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.
32. Lower the right foot to C and then execute a high reverse turning kick to C with the left foot.
33. Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.
34. **Slide** to D forming a left rear foot stance toward C while executing a downward block with the right palm.
35. Execute a middle side front snap kick to C with the right foot keeping the position of the hands as they were in 34.
36. Lower the right foot to C and then move the left foot to D in a **stamping motion** to form a sitting stance toward A while executing a middle side strike to D with the left side fist.
37. **Slide** to D maintaining a sitting stance toward A while executing a scooping block with the right palm.
38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a **connecting motion**.
39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.
40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.
41. Lower the left foot to D and then execute a high reverse turning kick to D with the right foot.
42. Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand.
43. Move the left foot to D and then execute a high twisting kick to AD with the right foot.
44. Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.
45. Execute a front strike to D with the right back fist while **shifting** to C maintaining a left walking stance toward D.
46. Move the right foot to D and then execute a high twisting kick to BD with the left foot.
47. Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D.
48. Execute a front strike to D with the left back fist while **shifting** to C maintaining a right walking stance toward D.
49. Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
50. Execute a side checking kick to D and then again a middle side thrusting kick to D with the left foot forming a forearm guarding block. Perform in a **consecutive** kick.

51. Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.
52. Execute a sweeping kick to D with the right side sole and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
53. Execute a side checking kick to D and then again a middle side thrusting kick to D with the right foot forming a forearm guarding block. Perform in a **consecutive** kick.
54. Lower 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.
55. Move the right foot to C and then turn counter clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.
56. Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.
57. Jump to D forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.
58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.
59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
60. Move the right foot to the side rear of the left foot and then the left foot to C to form a right walking stance toward D while executing a rising block with the left arc-hand.
61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

