

Sam-II

1. **Slide** to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
2. Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.
3. Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.
4. Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.
5. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.
7. Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.
8. Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.
9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.
10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.
11. Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.
12. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.
14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.
15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.
16. Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B.
17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.
19. Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.
20. Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.
21. Execute a pressing block with an X-fist while forming a right walking stance toward AD.
22. Move the left foot to A in a **stamping motion** to form a sitting stance toward C while executing a W-shape block with the outer forearm.
23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.

24. Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.
25. Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.
26. Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.
27. Move the left foot to C in a **stamping motion** to form a left walking stance toward C while executing an upset punch to C with a twin fist.
28. Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.
29. Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.
30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.
31. Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a **continuous motion**.
32. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.
33. Lower the left foot to D and then move the right foot to D in a **stamping motion** forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.

