

## Yong-Gae

1. Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
2. Execute a high punch to D with the right long fist while forming a left walking stance toward D pivoting with the left foot. Perform in **slow motion**.
3. Slide to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a middle outward strike to D with the right knife-hand while flying to D and then land to D forming a left L-stance toward D with the right knife-hand extended to D.
5. Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist.
6. Execute a high outward cross-cut to D with the right flat finger tip while forming a right walking stance toward D, slipping the right foot.
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.
8. Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist.
9. Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand.
10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.
11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.
12. Slide to C forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
13. Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot. Perform in **slow motion**.
14. Slide to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
15. Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D.
16. Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist.
17. Execute a high outward cross-cut to D with the left flat finger tip while forming a left walking stance toward D, slipping the left foot.
18. Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.
19. Jump to D forming a right X-stance toward BD while executing a high sidestrike to D with the right back fist.
20. Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand.
21. Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm.
22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.
23. Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.

24. Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.
25. Move the right foot to A forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
26. Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.
27. Execute a high reverse hooking kick to B with the right foot.
28. Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.
29. Lower the left foot to B in a jumping motion to form a left X-stance toward BD while executing a downward strike to B with the left backfist.
30. Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
31. Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.
32. Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
33. Cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.
34. Execute a high reverse hooking kick to A with the left foot.
35. Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist.
37. Move the left foot to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
38. Move the left foot to D turning counter clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.
39. Move the right foot to C slightly and then the left foot to D in a [stamping motion](#) to form a right L-stance toward D while executing a high outward strike to D with the left knife-hand.
40. Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.
41. Move the right foot to D turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.
42. Move the left foot to C slightly and then the right foot to D in a [stamping motion](#) to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand.
43. Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise and then land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
45. Jump to execute a mid-air kick to D with the left foot while spinning counter clockwise and then land to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
46. Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.

47. **Slide** to C to form a left L-stance toward D while thrusting to C with the left side elbow.
48. Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.
49. **Slide** to C forming a right L-stance toward D while thrusting to C with the right side elbow.