

## Chung-Mu

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Left knife-hand square block, with yell	W	Step out with left foot into a left back stance	Left knife-hand square block
3	Right knife hand strike	W	Step into a right front stance	Left hand open block above your head, right hand striking at head level
4	Right knife hand guarding block	E	Step with right foot, rotate on left foot 180 degrees clock-wise. Step into a right back stance	Right knife hand guarding block
5	Left spear hand strike	E	Step into a left front stance	Aim with the right hand and spear hand strike with the left at head level.
6	Left knife hand guarding block	N	Step back with the left and turn to the north. Step into a left back stance	Left knife hand guarding block
7	Right leg side kick	S	Step right leg to left, side kick with right leg to the south. Land in a left back stance facing N	Left hand by ribs, right fist on top
8	Left knife hand guarding block	N	Left back stance from landing after side kick	Left knife hand guarding block
9	Right jump side sick, with yell	N	Take one step with the right leg, bring left knee up high with jump. Turn in the air and kick with the right leg.	Guarding position
10	Right knife hand guarding block	N	Land from the side kick in a right back stance	Right knife hand guarding block
11	Left down block	E	Turn to the left while rotating 260 degrees on right foot. Step into a left back stance	Left down block
12	Head grab, knee smash	E	Move left foot and step into a left front stance. Knee smash with right leg, after the knee smash land with feet together.	Head grab, knee smash
13	Right ridge-hand strike, high	W	Step out with left foot into a left front stance	Right ridge-hand strike head level, Left hand supporting at right elbow.
14	Right leg round kick	W	right back leg round kick, land in a right back stance.	Guarding position
15	Left leg reverse side kick	W	Reverse side kick, with left leg. Land in a right back stance face east	Guarding position
16	Left leg round kick	E	Left leg round kick and land with feet together	Guarding position
17	Right staff defense	S	Step out with right leg into a right back stance	Right hand low, left hand high in staff defense
18	Jump 360, knife hand strike.	S	Jump and rotate 360 degrees, land in a right back stance	Knife hand strike
19	Right spear hand strike, low	S	Step foreword into a left front stance	Right spear hand strike, low
20	Left hand down block, right hand back fist	S	Move left foot into a left back stance	Left hand down block front, right hand back fist to the rear
21	Right spear hand strike, midsection	S	Step foreword into a right front stance	Right spear hand strike, midsection
22	Left hand outer reinforced block	W	Step with the left foot. Rotate on the right foot 270 degrees counter clock-wise	Left hand outer reinforced block
23	Right hand inner block	S	Step with the right foot into a horse stance facing south.	Right hand inner block
24	Right hand back-fist strike	W	Don't move feet	Right hand back-fist strike
25	Right, back leg side kick	E	Right back leg side kick to the east, land in a right back stance	Guarding position
26	Left, back leg side kick	E	Left back leg side kick to the east, land in a right back stance facing west	Guarding position
27	Cross block, chest high	W	Right back stance from the kick	Cross block, chest high
28	Double palm-heal block up, chest high	W	Step into a left front stance	Double palm-heal block up, chest high
29	High block	E	Move right foot and rotate clock wise on the left foot into a right front stance facing east	High block
30	Left reverse punch, with yell	E	Don't move feet	Left reverse punch