

Chon-Ji

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Left down Block with yell	W	Step out with left foot into a left front stance.	Left down block
3	Right punch	W	Step foreword with right foot into a right front stance.	Right punch, chest high
4	Right Down Block	E	Move right foot while pivoting on left foot. Rotate 180 degrees into a right front stance facing in the opposite direction	Right down block
5	Left punch	E	Step foreword with left foot into a left front stance.	Left punch, chest high
6	Left down block	N	Move left foot and rotate 90 degrees into a left front stance.	Left down block
7	Right punch	N	Step foreword with right foot into a right front stance.	Right punch, chest high
8	Right Down Block	S	Move right foot while pivoting on left foot. Rotate 180 degrees into a right front stance facing in the opposite direction	Right down block
9	Left punch with yell	S	Step foreword with right foot into a right front stance.	Left punch, chest high
10	Left outside block	E	Move left foot forewords into a left back stance.	Left outside block
11	Right punch	E	Step foreword with right foot into a right front stance.	Right punch, chest high
12	Right outside block	W	Move right foot while pivoting on left foot. Rotate 180 degrees into a right back stance facing the opposite direction	Right outside block
13	Left punch	W	Step foreword with left foot into a left front stance.	Left punch, chest high
14	Left outside block	S	Move left foot forewords into a left back stance.	Left outside block
15	Right punch	S	Step foreword with right foot into a right front stance.	Right punch, chest high
16	Right outside block	N	Move right foot while pivoting on left foot. Rotate 180 degrees into a right back stance facing the opposite direction	Right outside block
17	Left punch	N	Step foreword with left foot into a left front stance.	Left punch, chest high
18	Right punch	N	Step foreword with right foot into a right front stance.	Right punch, chest high
19	Retreating left punch	N	Step backward with right foot into a left front stance	Left punch, chest high
20	Retreating right punch with yell	N	Step backward with left foot into a right front stance.	Right punch, chest high

Won-Hyo

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand covering right fist and chin level
2	Left square block with yell	W	Step out into a left back stance	Left square block
3	Right knife-hand strike	W	Don't move feet.	Right knife-hand strike
4	Left lunge punch	W	Step out with left foot into a left fixed stance	Left lunge punch
5	Right square block	E	Step back with left foot to right and step out with right foot into a right back stance.	Right square block
6	Left knife-hand strike	E	Don't move feet.	Left knife-hand strike
7	Right lunge punch	E	Step out with Right foot into a Right fixed stance	Right lunge punch
8	Left leg side-kick	N	Step back with right foot to left	Right hand at rib cage and left hand a fist on top of right.
9	Left knife-hand guarding block	N	After the Side kick re-chamber and then step out into a left back stance.	Left Knife-hand guarding block
10	Right knife-hand guarding block	N	Step foreword into a right back stance	Right Knife-hand guarding block
11	Left knife-hand guarding block	N	Step foreword into a left back stance	Left Knife-hand guarding block
12	Right spear-finger strike with yell	N	Step foreword into a right front stance	Right spear-finger strike
13	Left square block	E	Move left foot and rotate 270 degrees to the left. Pivot on right foot into a left back stance.	Left square block
14	Right knife-hand strike	E	Don't move feet.	Right knife-hand strike
15	Left lunge punch	E	Step out with left foot into a left fixed stance	Left lunge punch
16	Right square block	W	Step back with left foot to right and step out with right foot into a right back stance.	Right square block
17	Left knife-hand strike	W	Don't move feet.	Left knife-hand strike
18	Right lunge punch	W	Step out with Right foot into a Right fixed stance	Right lunge punch
19	Right circle outside block	S	Step back with right foot to the left foot. Step out with left foot into left front stance.	Right circle outside block
20	Right leg front kick	S	Stand up and kick with right leg. Land in a right front stance	Hands don't move
21	Left reverse punch	S	Right front stance	Aim with the right and left reverse punch
22	Left circle outside block	S	Don't move feet.	Left circle outside block
23	Left leg front kick	S	Stand up and kick with left leg. Land in a left front stance	Hands don't move
24	Right reverse punch	S	Left front stance	
25	Right leg side kick	S	Move right foot to left foot, standing position. After kick re-chamber and set right foot back beside left foot.	Left hand by ribs, Right hand fist on top of left.
26	Left guarding stance	W	Step out with left foot into a left back stance	Left guarding stance
27	Right guarding stance with yell	E	Step back with left foot to right foot. Step out with right foot into a right back stance.	Right guarding stance

To-San

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Left outside forearm block with yell	W	Step with left foot into a left front stance	Left outside forearm block
3	Right reverse punch	W	Don't move feet.	Right reverse punch, chest high
4	Right outside forearm block	E	Move left foot laterally to the right. Move Right foot laterally to the left. Rotate to the left 180 degrees into a right front stance.	Right knife-hand guarding block
5	Left reverse punch	E	Don't move feet.	Left punch, chest high
6	Left knife-hand guarding block	N	Move left foot foreword into a left back stance	Left knife-hand guarding block
7	Right-hand spear finger strike with yell	N	Step foreword with right foot into a right front stance.	Right-hand spear finger strike
8	Left back-fist strike	N	Move left foot and rotate to the left 360 degrees. Pivot on the right foot into a left front stance.	Flatten spear finger strike and twist wrist to the left and behind your back as you rotate. After rotation is complete, Left back-fist strike to temple
9	Right back-fist strike	N	Step foreword with right foot into a right front stance.	Right back-fist strike
10	Left outside forearm block	E	Move left foot and rotate 270 degrees to the left. Pivot on right foot into a left front stance.	Left outside forearm block
11	Right reverse punch	E	Don't move feet.	Right reverse punch, chest high
12	Right outside forearm block	W	Move left foot laterally to the right. Move Right foot laterally to the left. Rotate to the left 180 degrees into a right front stance.	Right knife-hand guarding block
13	Left reverse punch	W	Don't move feet.	Left punch, chest high
14	Double outside forearm block	SE	Pivot in place left 135 degrees into a left front stance.	Double outside forearm block
15	Right leg front kick	SE	Stand up with a right leg, back leg front kick land in a right front stance.	Guarding position
16	Double Punch	SE	Don't move feet.	Punch Right then left
17	Double outside forearm block	SW	Move right leg back then rotate to the right 90 degrees and step out into a right front stance.	Double outside forearm block
18	Left leg front kick	SW	Stand up with a left leg, back leg front kick land in a left front stance.	Guarding position
19	Double Punch	SW	Don't move feet.	Punch left then right
20	Left high block	S	Move left foot and rotate 45 degrees to the left into a left front stance.	Left high block
21	Right high block	S	Step foreword with right foot into a right front stance.	Right high block
22	Left knife-hand strike	W	Move left foot and rotate 270 degrees to the left. Pivot on right foot into a horse stance.	Left knife-hand strike
23	Right knife-hand strike	E	Move left foot to your right foot and step out with your right foot into a horse stance.	Right knife-hand strike

Toi-Gye

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand covering right fist and belt level
2	Left outside forearm block with yell	W	Step out with left foot into a left back stance	Left outside forearm block
3	Right low spear hand strike	W	Move left foot the left into a left front stance	Right low spear hand strike
4	Right outer block and left lower block	N	Move left foot back to right	Right outer block and left lower block
5	Right outside forearm block	E	Step out with right foot into a right back stance	Right outside forearm block
6	Left low spear hand strike	E	Move right foot the right into a right front stance	Left low spear hand strike
7	Left outer block and right lower block	N	Move right foot back to left	Left outer block and right lower block
8	Low cross block	N	Step out into a left front stance	Low cross block
9	Double fist strike with yell	N	Don't move feet	Double fist strike head level
10	Right leg front kick	N	Stand up with a right leg, back leg front kick land in a right front stance.	Aim with left hand in preparation for next move
11	Double punch	N	Don't move feet	Punch right then left
12	Mountain Block	W	Left foot to right foot	Mountain Block, Palms facing out.
13	Tension Move	W	Don't move feet	Bring both fists to your belt in a tension move
14	Mountain Block	S	Step out with your right foot, raising your knee high into a horse stance.	Left hand in front of you palm facing out, right hand behind you facing out. Mountain block, palms facing inward.
15	Mountain Block	N	Step with left foot moving to the W. Pivot on the right foot rotating 180 degrees clockwise, landing in a Horse stance.	Mountain block, palm facing inward.
16	Mountain Block	S	Step with left foot moving to the E. Pivot on the right foot rotating 180 degrees clockwise, landing in a horse stance.	Mountain block, palm facing inward.
17	Mountain Block	N	Step with the right foot moving to the E. Pivot on the left foot rotating 180 degrees counter-clockwise, landing in a horse stance.	Mountain block, palm facing inward.
18	Mountain Block	S	Step with left foot moving to the E. Pivot on the right foot rotating 180 degrees clockwise, landing in a horse stance.	Mountain block, palm facing inward.
19	Mountain Block	N	Step with left foot moving to the W. Pivot on the right foot rotating 180 degrees clockwise, landing in a Horse stance.	Mountain block, palm facing inward.
20	Twin Forearm block low	N	Right foot to left foot. Step out with left foot into left back stance.	Twin Forearm block low
21	Knee strike, with yell	N	Step out with left foot into a left front stance. Right knee strike. Land with feet together.	Reach out with both hands grabbing the head and pull down into your knee.
22	Left Knife hand guarding block.	S	Step out with left foot into a left back stance.	Left Knife hand guarding block.
23	Left leg front kick	S	Left leg foot kick, land in a left front stance.	Aim with right hand, spear finger.
24	Left hand spear finger strike	S	Left front stance from landing after the front kick.	Left hand spear finger strike, face high
25	Right knife hand guarding block	S	Step forward into a right back stance.	Right knife hand guarding block
26	Right leg front kick	S	Right leg foot kick, land in a right front stance.	Aim with left hand, spear finger.
27	Right hand spear finger strike	S	Right front stance from landing after the front kick	Right hand spear finger strike, face high
28	Left low block, Right back fist	S	Step back with right foot into a left back stance	Low block foreword with left hand. Back fist behind with right hand

29	Cross block, low	S	Raise right leg and jump into a Right cross stance	Cross block, low
30	Right twin forearm block	S	Step out with the right foot into a right front stance	Right twin forearm block
31	Left hand low knife hand block	W	Step with left foot. Rotate on right foot 270 degrees counter clock-wise in to a Left back stance	Left hand low knife hand block
32	Right circle outside forearm block	NW	Step with left into a left front stance	Right circle outside forearm block on the 45.
33	Right low knife hand block	E	Left foot to right foot, step out with right foot in to a right back stance	Right low knife hand block
34	Left circle outside forearm block	NE	Step with right into a right front stance	Left circle outside forearm block on the 45.
35	Right circle outside forearm block	NE	Pivot into a left front stance facing north, don't step	Right circle outside forearm block on the 45.
36	Left circle outside forearm block	NE	Pivot into a right front stance facing east, don't step	Left circle outside forearm block on the 45.
37	Right punch, with yell	N	Move right foot up into a horse stance	Aim with left arm and punch with right

Tan-Gun

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Left knife-hand guarding block with yell	W	Step with left foot into a left back stance	Left knife-hand guarding block
3	Right punch	W	Step foreword with right foot into a right front stance.	Right punch, face high
4	Right knife-hand guarding block	E	Move Right foot while pivoting on left. Rotate 180 degrees into a right back stance facing the opposite direction.	Right knife-hand guarding block
5	Left punch	E	Step foreword with left foot into a left front stance.	Left punch, face high
6	Left down block	N	Move left foot and rotate to the left 90 degrees into a left front stance.	Left down block
7	Right punch	N	Step foreword with right foot into a right front stance.	Right punch, face high
8	Left punch	N	Step foreword with left foot into a left front stance.	Left punch, face high
9	Right punch with yell	N	Step foreword with right foot into a right front stance.	Right punch, face high
10	Left square block	E	Move left foot and rotate to the left 270 degrees. Rotate on the right foot into a left back stance.	Left square block
11	Right punch	E	Step foreword with right foot into a right front stance.	Right punch, face high
12	Right square block	W	Move right foot and rotate to the right 180 degrees. Rotate on the left foot into a right back stance.	Right square block
13	Left punch	W	Step foreword with left foot into a left front stance.	Left punch, face high
14	Left down block	S	Move left foot and rotate 90 degrees to the left. Rotate into a left front stance.	Left down block
15	Left high block	S	Don't move feet.	Left high block
16	Right high block	S	Step foreword with right foot into a right front stance.	Right high block
17	Left high block	S	Step foreword with left foot into a left front stance.	Left high block
18	Right high block	S	Step foreword with right foot into a right front stance.	Right high block
19	Left knife-hand strike	W	Move left foot and rotate 270 degrees to the left. Rotate on right foot into a left back stance.	Left knife-hand strike
20	Right punch	W	Step foreword with right foot into a right front stance.	Right punch, face high
21	Right knife-hand strike	E	Move right foot and rotate 180 degrees to the right. Rotate into a right back stance.	Right knife-hand strike
22	Left punch, with yell	E	Step foreword with left foot into a left front stance.	Left punch, face high

Haw-Rang

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand open covering right open hand at belt level
2	Left hand palm cross block, with yell	N	Step out with left foot into a horse stance	Aim with right hand, Left hand palm cross block
3	Double punch	N	Don't move feet	Punch right then left
4	Double forearm square block	E	Move right foot into a right back stance	Double forearm square block
5	Hammer fist block with left hand	E	Don't move feet	Right hand pulls into chest as left fist comes around into a hammer fist block
6	Right lung punch	E	Step out with right foot into a right fixed stance	Right lung punch
7	Right knife hand chop	E	Step back with right foot into a right natural stance	Right knife hand chop, chop comes from over your head
8	Left hand punch	E	Step foreword into a left front stance	Left hand punch
9	Left down block	N	Step with left foot rotating on the right foot 90 degrees counter clock wise	Left down block
10	Right hand punch	N	Step foreword into a right front stance	Right hand punch
11	Right leg side kick	NW	Turn right foot 45 degrees to the left. Step up with left foot.	Wrap right fist with left hand
12	Right knife hand chop	N	Land in a right back stance after the side kick	Right knife hand chop
13	Left hand punch	N	Step foreword into a left front stance	Left hand punch
14	Right hand punch, with yell	N	Step foreword into a right front stance	Right hand punch
15	Left knife hand block	E	Step with left foot. Rotate on the right foot 270 degrees counter clock-wise, step into a left back stance	Left knife hand block
16	Right hand spear hand strike	E	Step foreword into a right front stance	Right hand spear hand strike
17	Left knife hand block	W	Step back with left foot into a left back stance, rotate counter clockwise	Left knife hand block
18	Right leg round kick	W	Back leg round kick, land in a right back stance	Guarding
19	Left leg round kick	W	Back leg round kick, land in a left back stance	Guarding
20	Left knife hand block	W	Left back stance from the kick	Left knife hand block
21	Left hand down block	S	Move left foot into a left front stance	Left hand down block
22	Right reverse punch	S	Move left foot into a left back stance	Aim with left hand, right reverse punch
23	Left reverse punch	S	Step foreword into a right back stance	Aim with right hand, left reverse punch
24	Right reverse punch	S	Step foreword into a left back stance	Aim with left hand, right reverse punch
25	Low cross block	S	Move left foot over into a left front stance	Low cross block
26	Right hand elbow strike to the rear	N	Step with the right foot to the south. Step into a left back stance facing north.	Right hand elbow strike to the rear. Right hand by your chest, open. Left fist by your ribs
27	Right outside circle block, left low block	W	Step with left foot and pivot on right. Rotate counter clock-wise into a standing position with feet together	Right outside circle block, left low block
28	Left outside circle block, right low block	W	Don't move feet	Left outside circle block, right low block
29	Left knife hand Guarding block	W	Step out with left foot into a left back stance	Left knife hand Guarding block
30	Right knife hand Guarding block, with yell	E	Step back with left foot to right and then step out with right foot into a right back stance	Right knife hand Guarding block

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

Chung_gun

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand covering right fist and chest level
2	Left knife-hand block with yell	W	Step out with left foot into a left back stance	Left knife-hand block
3	Left leg front kick	W	Left leg front kick	Chamber for right hand palm block
4	Right palm-heal block	W	Step foreword with right foot into a right cat stance	Right palm-heal block
5	Right knife-hand block	E	Move right foot while pivoting on left foot. Rotate 180 degrees and step into a right back stance.	Right knife-hand block
6	Right leg front kick	E	Right leg front kick	Chamber for left hand palm block
7	Left palm-heal block	E	Step foreword with left foot into a left cat stance	Left palm-heal block
8	Left knife-hand guarding block	N	Step back with the left foot and rotate 90 degrees to the left. Step into a left back stance	Left knife-hand guarding block
9	Right elbow strike	N	Move Left foot and step into a left front stance	Right elbow strike
10	Right knife-hand guarding block	N	Step foreword into a right front stance	Right knife-hand guarding block
11	Left elbow strike	N	Move Right foot and step into a right front stance	Left elbow strike
12	Double fist strike	N	Step foreword into a left front stance	Double fist strike
13	Double upper-cut strike with yell	N	Step foreword into a right front stance	Double upper-cut strike
14	High cross-block	S	Rotate on right foot while moving left foot. Rotate 180 degrees into a left front stance	High cross-block
15	Left back-fist strike	E	Step back with left foot into a left back stance	Left back-fist strike
16	Left inside forearm block	E	Move left foot stepping into a left front stance	Left inside forearm block
17	Right reverse punch	E	Don't move feet	Right reverse punch
18	Right back-fist strike	W	Step back with left foot to right. Step out with right foot into a right back stance	Right back-fist strike
19	Right inside forearm block	W	Move right foot stepping into a right front stance	Right inside forearm block
20	Left reverse punch	W	Don't move feet	Left reverse punch
21	Left reinforced outside forearm block	S	Move right foot back to left. Step out with left foot into a left front stance	Left reinforced outside forearm block
22	Left lunge punch	S	Move left foot to the right. Step into a left back stance	Left lunge punch
23	Right leg side kick landing in a right reinforced outside forearm block	S	Step foreword with right foot. Step right into the chamber position and side kick. Re-chamber and step out into a right front stance.	Right reinforced outside forearm block, after the side kick
24	Right lunge punch	S	Move right foot to the left Step into a right back stance	Right lunge punch
25	Left leg side kick landing in a left guarding block	S	Step foreword with left foot. Step left into the chamber position and side kick. Re-chamber and step out into a left back stance.	Left guarding block, after the side kick
26	Palm press block	S	Left foot steps out into a left front stance	Left hand drops, palm press block
27	Right guarding block	S	Step foreword into a right back stance	Right guarding block
28	Palm press block	S	Right foot steps out into a right front stance	Right hand drops, palm press block
29	Right cross punch	N	Step left foot to right foot	Right cross punch
30	Right staff block	E	Step out with right foot into a right back stance	Right staff block
31	Left staff block with yell	W	Step back with right foot to left, then step out with left foot into a left back stance	Left staff block

Yul-Gok

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Right slow punch	N	Step out with left foot into a horse stance	Aim with left hand and do a slow right punch
3	Left slow punch	N	Don't move feet.	Left slow punch
4	Double punch	N	Don't move feet.	Punch right then left.
5	Right slow punch	N	Move left foot to your right foot and then step out with right foot into a horse stance.	Right slow punch
6	Double punch	N	Don't move feet.	Left knife-hand strike
7	Right outside forearm block	NE	Rotate 45 degrees to the right and step into a right front stance	Right outside forearm block
8	Left leg front kick	NE	Stand up and kick with left leg. Land in a left front stance.	Hands don't move
9	Double punch	NE	Left front stance	Aim with right and punch left then right.
10	Left outside forearm block	NW	Step with left foot turning 90 degrees to the left into a left front stance.	Left outside forearm block
11	Right leg front kick	NW	Stand up and kick with right leg. Land in a right front stance.	Hands don't move
12	Double punch	NW	Right front stance	Aim left and punch right then left.
13	Right knife-hand scrape block	N	Move right foot, turning 45 degrees to the right and step into a right front stance.	With left arm extended in a punch, knife-hand scrape with right hand.
14	Left knife-hand scrape block	N	Don't move feet.	With Right arm extended in a punch, knife-hand scrape with left hand.
15	Right hand punch	N	Don't move feet.	Right hand punch
16	Left knife-hand scrape block	N	Step foreword into a left front stance	With Right arm extended in a punch, knife-hand scrape with left hand.
17	Right knife-hand scrape block	N	Don't move feet.	With left arm extended in a punch, knife-hand scrape with right hand.
18	Left hand punch	N	Don't move feet.	Left hand punch
19	Right hand punch with yell	N	Step foreword into a right front stance	Right hand punch
20	Left leg side kick	N	Move left foot up to and in front of right foot. Side kick with left leg.	Right hand by ribs and left fist on top
21	Right elbow-smash	N	Re-chamber after the side kick and then step out into a left front stance	Reach out with left hand then bring right elbow up and slap with left hand
22	Right leg side kick	S	Step back with right foot to left foot. Side kick with right leg	Left hand by ribs and right fist on top
23	Left elbow-smash	S	Re-chamber after the side kick and then step out into a right front stance	Reach out with right hand then bring left elbow up and slap with right hand
24	Left knife-hand square block	E	Step up with left foot into a left back stance	Left knife-hand square block
25	Right hand spear-finger strike	E	Step foreword into a right front stance	Right hand spear-finger strike
26	Right knife-hand square block	W	Step back with right foot. Rotate on left foot 180 degrees into a right back stance	Right knife-hand square block
27	Left hand spear-finger strike	W	Step foreword into a left front stance	Left hand spear-finger strike
28	Left outside forearm block	S	Step back with left foot turning the left. Pivot on the right foot rotate 90 degrees to the left. Step out into a left front stance.	Left outside forearm block
29	Right reverse punch	S	Don't move feet.	Right reverse punch
30	Right outside forearm block	S	Step foreword into a right front stance	Right outside forearm block
31	Left reverse punch	S	Don't move feet.	Left reverse punch
32	Left leg stomp and left back fist	S	Step foreword into a left back stance, stomp the left foot as it lands. Then step foreword with right foot placing it behind left ankle.	Left back fist strike
33	Right reinforced outside forearm block	E	Pivot on left foot, rotating to the right 270 degrees. Step out with right foot into a right front stance.	Right reinforced outside forearm block
34	Left reinforced outside forearm block with yell	W	Step back with right foot to left, then step out with left foot into a left front stance.	Left reinforced outside forearm block