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4 High punch Walking stance

3 Mid knife-hand guarding block L stance

Parallel ready stance

1 Mid knife-hand guarding block L stance

2 High punch Walking stance

5 Low outer forearm block Walking stance

6 High punch Walking stance

7 High punch Walking stance

10 High punch Walking stance

9 Twin outer forearm block L stance

8 High punch Walking stance

21 High punch Walking stance

20 Outward knife-hand strike L stance

18 Outward knife-hand strike L stance

19 High punch Walking stance

17 Rising block Walking stance

16 Rising block Walking stance

15 Rising block Walking stance

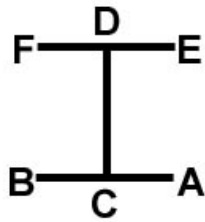
14 Rising block Walking stance

13 Low outer forearm block

11 Twin outer forearm block L stance

12 High punch Walking stance

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Parallel Ready Stance ㄷ start on C facing D

1. Move left foot to B right L-stance middle knifehand guarding block.
 2. Move right foot to B right walking stance high obverse punch.
 3. Move right foot to A left L-stance middle knifehand guarding block.
 4. Move left foot to A left walking stance high obverse punch.
 5. Move left foot to D left walking stance outer forearm low obverse block.
 6. Move right foot to D right walking stance high obverse punch.
 7. Move left foot to D left walking stance high obverse punch.
 8. Move right foot to D right walking stance high obverse punch.
 9. Move left foot to E right L-stance twin forearm block.
 10. Move right foot to E right walking stance high obverse punch.
 11. Move right foot to F left L-stance twin forearm block.
 12. Move left foot to F left walking stance high obverse punch.
 13. Move the left foot to C left walking stance outer forearm block.
 14. Obverse rising block with the left forearm.
- 13 & 14 are performed in a continuous motion.
15. Move right foot to C right walking stance obverse forearm rising block.
 16. Move left foot to C left walking stance obverse forearm rising block.
 17. Move right foot to C right walking stance obverse forearm rising block.

18. Move left foot to B right L-stance knifehand middle reverse side strike.
 19. Move right foot to B right walking stance high obverse punch.
 20. Move right foot to A left L-stance knifehand middle reverse side strike.
 21. Move left foot to A left walking stance high obverse punch.
- END - Bring the left foot back to parallel ready stance.