

## KWANG-GYE (39 Movements) 광개

ITF Form: Temporary Black Belt

Direction	Movement	Stance	Action
N		Ready	With feet together, raise arms above head and let palms face outward. Let the index fingers of each hand touch each other and the thumb of each hand touch the other so that a triangle is formed with the open space between the two palms.
N		Ready	Now, separate the two hands while simultaneously lifting the left leg several inches from the floor. Let the arms descend, tracing a circle as they come together near hip level. Cup the left hand around the right fist. The left leg should touch the ground just as the hands come together.
N	Forward	L front	R upset punch <Slowly & Exhaling>
N	Forward	R front	L upset punch <Slowly & Exhaling>
N	Step Lf forward, then step Rf forward into	R front	R high knife hand hooking block (palm-down, L fist chambered at the hip) (Alt: R high downward pressing block)
N	Backward	L back	Low knife hand guarding blocks
N	Step Rf forward, then step Lf forward into	L front	L high knife hand hooking block (palm-down, R fist chambered at the hip) (Alt: L high downward pressing block)
N	Backward	R back	Low knife hand guarding blocks
N	Forward	L cat	Middle knife hand guarding blocks (at middle level)
N	Forward	R cat	Middle knife hand guarding blocks (at middle level)
S	Cross the left foot forward and in front of	L front	R upward palm pressing block <Slowly & Exhaling>

	the right foot, then step forward (toward N) with the Rf, pivoting CCW (180*) to face S		
S	Forward	R front	L upward palm pressing block <Slowly & Exhaling>
S	Stand up, pulling Lf -> Rf into:	Feet together (chest-S)	Raise hands into the "ready" position (i.e. forming a triangle with open palms above the head.) Quickly separate the arms, once again tracing a circle. (Do not lift the leg this time.) Bring the left knife hand into the R palm. Then,
E		Feet together (chest-S)	Immediately chamber both fists to your right hip and turn head to face E, then: L low side kick, quickly followed by: L high side kick
E	<Drop Lf> toward E	L back	R inward knife hand strike (L fist is drawn to R-shoulder)
E	Pull Lf -> Rf	natural stance	L downward hammer fist strike
W		Feet together (chest-S)	Chamber both fists at the left hip, turning head toward W R low side kick, quickly followed by: R high side kick
W	<Drop Rf> toward W	R back	L inward knife hand strike (as above)
W	Pull Rf->Lf	natural stance (chest-S)	R downward hammer fist strike
S	Step out with the Lf toward S, into:	L front	Scissor palm pressing blocks <Slowly & Exhaling> (L presses up, R presses down)
S	Forward	R front	Scissor palm pressing blocks <Slowly & Exhaling> (R presses up, L presses down)

N	CW (180*)	R back <stomp!>	R horizontal back fist strike (L fist chambered at hip)
N	<Shift Rf>	R front	Double forearm guarding blocks
N	<Shift backward>	R front	L low forearm block
N		R front	R high spear hand thrust (palm should face down) <Slowly & Exhaling>
S	CCW (180*)	L back <stomp!>	L horizontal back fist strike (R fist chambered at hip)
S	<Shift Rf>	L front	Double forearm guarding blocks
S	<Shift backward>	L front	R low forearm block
S		L front	L high spear hand thrust (palm should face down) <Slowly & Exhaling>
S	Forward	R front <stomp!>	Double high punches <Yell!>
E	Shifting only the Lf, Left 90*	L front	Double upset punches
E	Rf ->		R front kick
W	Drop Rf in toward E, then step forward with the Lf toward E and pivot CW (180*) to face W	R back	Middle knife hand guarding blocks
W	Forward	L front	L high punch
W	Forward	R front	Double upset punches
W	Lf ->		L front kick
E	Drop the Lf toward W, then step forward with the Rf toward W and pivot CCW (180*) to face E	L back	Middle knife hand guarding blocks

E	Forward	R front	R high punch <Yell!>
N	Pull Lf -> Rf	Ready	End.

## PALGWE 8 (PAL JANG) (35 Movements) 팔괘

WTF Form: Temporary Black Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready Position.
W	Lf toward W	L front stance	L low forearm block
W	Lf -> Rf	Open stance (chest-N)	L downward hammer strike
W	Forward	R front stance	R middle straight punch
E	Rf toward E	R front stance	R low forearm block
E	Rf -> Lf	Open stance (chest-N)	R downward hammer strike
E	Forward	L front stance	L middle straight punch
N	Lf toward N	L back stance	Middle knife hand guarding blocks
N	Forward	R front stance	R middle vertical spear hand strike
N	Forward, 360* on ball of Rf	L back stance	L high vertical back fist strike
N	Forward	R front stance	R high straight punch <Yell!>
E	Lf toward E	L back stance	L middle knife hand strike (R fist at hip)
E	--	<same>	Twist to the right, pulling the L hand free of an imaginary grab.
E	Shift Lf	Horse stance (chest-S)	L middle elbow strike (done w/ 'point' of elbow)
E	Shift Lf	L front stance	L middle outward forearm block (w/ inner forearm)
E	--	<same>	R middle reverse punch
W	Shift Lf	Horse stance (chest-S)	both fists chambered at L hip

W	Lf -> Rf, then Rf toward W	R back stance	R middle knife hand strike (L fist at hip)
W	--	<same>	Twist to the left, pulling the R hand free of an imaginary grab.
W	Shift Rf	Horse stance (chest-S)	R middle elbow strike (done w/ point of elbow)
W	Shift Rf	R front stance	R middle outward forearm block (w/ inner forearm)
W	--	<same>	L middle reverse punch
S	Shift Rf	Horse stance (chest-S)	both fists chambered at right hip (Hinge shape)
S	Pull the Rf -> Lf	--	--
S	Lift Lf and chamber toward S	Crane stance (chest-W)	L side kick
S	Drop Lf forward	L front stance	R horizontal elbow strike to L palm
N	Shift Lf	Horse stance (chest-W)	both fists chambered at left hip (Hinge shape)
N	Pull the Lf -> Rf	--	--
N	Lift Rf and chamber toward N	Crane stance (chest-W)	R side kick
N	Drop Rf forward	R front stance	L horizontal elbow strike to R palm
S	Lf toward S	L front stance	Middle outward wedge blocks (w/ outer forearms)
S	--	<same>	Double middle upset punches
S	Forward	R front stance	Middle outward wedge blocks (w/ outer forearms)
S	--	<same>	Double middle upset punches
S	Forward	L back stance	L middle inward knife hand block

S	Forward, turning CW on the ball of the Lf	Horse stance (chest-E)	R elbow strike (Both the strike and eyes should be directed toward an attacker behind you, in this case toward W.) (L chambered elbow should point toward N)
N	Lf -> Rf	Feet together	Cross the open hands one atop the other, pushing the palms downward in front of the groin. <Slowly & Exhaling>
			perform the next 3 moves quickly in succession
N	Shift Lf	Horse stance (chest-N)	Double elbow release (hands are open and parallel with the floor at chest level)
N	Dodging step toward E	<same>	L back punch, over the R shoulder (toward S)
N	Dodging step toward W	<same>	R back punch, over the L shoulder (toward S) <Yell!>
N	Lf -> Rf	Feet together (chest-N)	Ready position.

## PO-EUN (36 Movements) 포은

ITF Form: 1<sup>ST</sup> dan

Direction	Movement	Stance	Action
N	Ready	Feet together	"look to heaven" (as in Gwang-Gae hyung)
W	Left 90*	L back	Middle forearm guarding blocks
W	Lift Rf -> L-knee	Crane	Push both fists upward, striking toward W
E	without dropping the Rf		R low side kick
E	<Drop Rf>	Horse	R knife hand strike (L fist chambered at R hip)
E		Horse	L parallel punch
N		Horse	Scissor blocks (L low block, R middle block)
N		Horse	Scissor blocks (R low block, L middle block)
N		Horse	Middle outward wedging blocks (with radius side of forearms)
N		Horse	Chamber the R-fist to the R-hip and cover with the left open hand
N		Horse	R middle punch (L open hand is palm down above the R-elbow, guarding)
N		Horse	Chamber the L fist to the L-hip and cover with the right open hand
E		Horse	Double parallel punches <Yell!>
E	Cross Lf over and in front of Rf, toward E	L x'd over R	R low hammer fist into the L open hand (Note: This could also serve as a low inverted forearm block)



E	Step out with the Rf toward E	R fixed stance	Pole block
E	Pull Lf -> Rf	Feet together	(crossing the right arm over the left...) Double elbow strikes (these are done at shoulder level) <Slowly & Exhaling>
W	Lf toward W, STOMPing down	Horse	Simultaneously do: L low forearm block (to W) R high outward forearm block (radius side) (to E)
W	Cross Rf over and in front of Lf, toward W	R x'd over L	L low hammer fist into the R open hand (Note: This could also serve as a low inverted forearm block)
W	Lf toward W	L back	Low ridge hand guarding blocks
E	Pivot CW to face E	R back	Middle forearm guarding blocks
E	Lift Lf -> R-knee	Crane	Push both fists upward, striking toward E
W	without dropping the Lf		L low side kick
W	<Drop Lf>	Horse	L knife hand strike (R fist chambered at L hip)
W		Horse	R parallel punch
N		Horse	Scissor blocks (R low block, L middle block)
N		Horse	Scissor blocks (L low block, R middle block)
N		Horse	Middle outward wedging blocks (with radius side of forearms)
N		Horse	Chamber the L-fist to the L-hip and cover with the right open hand
N		Horse	L middle punch (R open hand is palm down above the L-elbow, guarding)

N		Horse	Chamber the R fist to the R-hip and cover with the left open hand
W		Horse	Double parallel punches <Yell!>
W	Cross Rf over and in front of Lf, toward W	R x'd over L	L low hammer fist into the R open hand (Note: This could also serve as a low inverted forearm block)
W	Step out with the Lf toward W	L fixed stance	Pole block
W	Pull Rf -> Lf	Feet together	(crossing the left arm over the right...) Double elbow strikes (these are done at shoulder level) <Slowly & Exhaling>
E	Rf toward E, STOMPing down	Horse	Simultaneously do: R low forearm block (to E) L high outward forearm block (radius side) (to W)
E	Cross Lf over and in front of Rf, toward E	L x'd over R	R low hammer fist into the L open hand (Note: This could also serve as a low inverted forearm block)
E	Rf toward E	R back	Low ridge hand guarding blocks
N	Rf -> Lf	Feet together	Ready

## KORYO (30 Movements) 고려

WTF Form: 1<sup>ST</sup> dan

Direction	Movement	Stance	Action
N	<ready>	Ready	Bring both hands, open, to slightly above head level. Palms are forward. This is a "look to heaven".
W	CCW (90*)	L back	Dual middle knife hand blocks
W	<Forward>		R low side kick
W	<without dropping R leg>		R high side kick
W	<drop Rf forward>	R front	R high outward knife hand strike (palm down)
W	--	R front	L middle reverse punch
W	<Shift Lf>	R back	R inward middle forearm block (ulna side)
E	CW (180*)	R back	Dual middle knife hand blocks
E	<Forward>		L low side kick
E	<without dropping L leg>		L high side kick
E	<drop Lf forward>	L front	L high knife hand strike (palm down)
E	--	L front	R middle reverse punch
E	<Shift Rf>	L back	L inward middle forearm block
N	CCW (90*)	L front	L low knife hand block
N	--	L front	R arc-hand thrust (done with the outer edge of the hand between the thumb and first finger) to the throat.
N	<Forward>		R front kick
N	<Drop Rf forward>	R front	R low knife hand block
N	--	R front	L arc-hand thrust (as above)
N	<Forward>		L front kick
N	<Drop Lf forward>	L front	L low knife hand block
N	--	L front	R arc-hand thrust (as above) <Yell!>
N	<Forward>		R front kick
N	<Drop Rf forward>	R front	Knee break (Grab opponent's kicking heel with the right hand, at belt level. Then pull that hand into your chest while at the same time

			pushing downward on the attacker's knee with the left hand.)
S	CW (180*), on ball of Rf	R front	Middle forearm spreading blocks (radius sides of forearms)
S	<Forward>		L front kick
S	<Drop Lf forward>	L front	Knee break (as above)
S	Pulling Lf back slightly	L front	Middle forearm spreading blocks (radius sides of forearms)
W	<Pivoting on the Lf> turn CW (90*), withdrawing the Rf behind you into...	L horse stance	L outward knife hand block (R fist is chambered at belt)
		(chest faces N)	
W	--	Horse stance	R middle hook punch (draw this across your body and into the palm of the left open hand)
W	<Forward> Cross the Rf over the Lf, and chambering both fists to the right hip...		L high side kick
E	Drop the Lf in front of you, then pivot, CW (180*)	R front	L low reverse spear thrust (R fist at L shoulder to block)
E	<pulling back slightly>	R front	R low forearm block
E	<Forward>	L front	L middle inward palm block
E	<Forward>	R horse	R elbow strike (supporting your right fist in your left palm)
		(Chest faces N)	
E	--	Horse (chest-N)	R middle knife hand block (L fist chambered at belt)
E	--	Horse (chest-N)	L middle hook punch (as above)
E	<Forward> Crossing your Lf over the Rf, chambering both fists to the left hip...		R high side kick
W	Drop the Rf in front of you, then pivot CCW (180*)	L front	R low reverse spear thrust (as above)
W	<pulling back slightly>	L front	L low forearm block
W	<Forward>	R front	R middle inward palm block
W	<Forward>	L horse	

		(Chest faces N)	L elbow strike (supporting your left fist in your right palm)
N	Slide your Rf inward and adjacent to the Lf.		Raise both hands (open) above your head in an arcing motion, then bring them down swiftly into...
N		Feet together	L low hammer fist strike (into the right palm) <Slowly & Exhaling>
S	Pivot CCW (180*) on Rf	L front	L outward knife hand strike (to attacker's neck)
S	--	L front	L low knife hand/forearm block
S	<Forward>	R front	R inward knife hand strike (head/neck level)
S	--	R front	R low knife hand/forearm block
S	<Forward>	L front	L inward knife hand strike (again, head/neck level)
S	--	L front	L low knife hand/forearm block
S	<Forward>	R front	R arc-hand thrust (to attacker's throat) <Yell!>
N	Pivot 180* CCW on Rf, pulling Lf back into..	Ready	Ready position.

## GYE-BAEK (44 Movements) 계백

ITF Form: 2<sup>ND</sup> dan (1 of 2)

Direction	Movement	Stance	Action
N	Ready	Feet together	<none>
N	Rf backward	L back	Knife hand X-block (middle-level)
N	Rf forward		R high twisting kick (sometimes called an 'inverted roundhouse kick') (Note: traditionally this was a <i>low</i> twisting kick - to the groin)
N	Drop Rf	R front	R middle punch, followed quickly by: L middle reverse punch
N	Rf backward	L front	L rising forearm block, followed quickly by: L low forearm block
NE	Look toward NE, keep feet fixed		Double palm pressing block, shoulder level <Slowly & Exhaling>
SE	Right (135*)	Lf -> R-knee (chest-SE)	
SE	Step Lf out into	Horse (chest-SE)	L upward palm pressing block <Slowly & Exhaling>
SE		Horse	R middle punch, quickly followed by...
SE		Horse	L back fist strike (to opponent's face) (R-fist guards under L-elbow)
S	Pull Rf to Lf, then Lf toward S, into:	L back	Middle knife hand guarding blocks
S	Lf ->		L high front kick
S	Drop Lf	L front	L high horizontal spear hand thrust (i.e. palm face down), followed quickly by.. R high spear hand thrust

S	Rf ->		R high side kick <Yell!>
N	Drop Rf toward S, then pivot CCW (180*) to face N	L back	Middle forearm guarding blocks
S	Rf toward N, pivoting CCW (180*) to face S	L back	Middle forearm guarding blocks
N	Turn CCW (180*) on ball of Rf, to face N	L back	Middle knife hand guarding blocks
E	Shift the Lf and pivot CW (90*) to face E	Horse (chest-E)	"9" block (L-up, R-down)
S	Turning CCW (270*) on ball of Lf, step Rf toward N	L front	L low knife hand block <Slowly>
S	Rf ->		R high roundhouse kick
S	Drop the Rf, then jump off both legs		R jumping side kick <Yell!>
S	Drop both feet	R front	Twin high punches
SE	Look toward SE, feet fixed		Double palm pressing block, shoulder level <Slowly & Exhaling>, followed quickly by:
S	--	R front	L upset punch
N	CCW (180*) bringing Rf in, Lf out (toward N)	L front	R horizontal elbow strike (into the L palm)
N	Rf forward toward N, bringing Rf high in the air, then stomping down. The Lf comes in and behind the Rf	R x'd in front of L <stomp!>	Double forearm guarding blocks
NW	Bring Lf -> R-knee	Crane (chest NW)	chamber both fists to the left side

NW	Step Lf out into	Horse (chest-NW)	Both fists still chambered at L side, quickly follow with: R upward palm pressing block <Slowly>
NW		Horse	L middle punch, quickly followed by...
NW		Horse	R downward back fist strike (L fist guards under the R elbow)
S	Pivoting CCW (135*), move Lf toward S, into	L front	R high ridge hand strike (L open hand guards under the R-elbow)
S	Rf ->		R jumping roundhouse kick
N	Drop Rf toward S, then pivot CCW 180* to face N	L front	Twin high punches
N	<Shift Lf>	L back	R uppercut punch (pull L-fist to the R-shoulder)
W	Rf toward N, into:	Horse (chest-W)	"9" block (L-down, R-up)
S	<Shift Lf>	L back	Low ridge hand guarding blocks
N	Pivot CW 180*	R back	Low ridge hand guarding blocks
N	Lf forward (toward N) bringing it high in the air before STOMPing down into:	Horse (chest-E)	Mountain block
S	Lf toward S, bringing it high in the air before STOMPing down into:	Horse (chest-W)	Mountain block
S	Rf toward S	R front	R rising forearm block, followed quickly by L high reverse punch
N	CCW (180*) bringing Rf in, Lf out (toward N)	L front	L rising forearm block
N		L front	R high reverse punch <Yell!>
N	Pull Rf -> Lf	Feet together	Ready.



## EUI-AM (45 Movements) 의암

ITF Form: 2<sup>ND</sup> dan (2 of 2)

Direction	Movement	Stance	Action
N	Ready	Feet together	Arms out at sides, slightly bent at the elbows.
N	Backward	L front	R low inward knife hand block (L open hand at right shoulder, guarding)
N	Backward	R front	L high outer forearm block (ulna side of wrist)
N		R front	R high straight punch
N	Lf ->		L high twisting kick (sometimes called an 'inverted roundhouse') (traditionally this is a <i>low</i> twisting kick)
N	Drop Lf	L front	Low X-block
N		L front	R knife hand rising block
N	<jump> Forward	R x'd in front of L	R back fist strike (to face) <Yell!> (L open palm is flush against the side of R-fist)
S	Lf toward S	L fixed	L middle straight punch
S	CW 180*		R spinning hook kick
S	Drop Rf	Horse (chest-W)	R knife hand strike
S	Lf ->		L side kick
S	Drop Lf	L front	R high hook punch (sometimes called a 'crescent' punch) (this is essentially what is commonly referred to as a "hook" in boxing.)
S	Rf -> Lf	Feet together	L high horizontal punch <Slowly & Exhaling.>
S	Lf Backward	R front	L low inward knife hand block (R open-hand at L-shoulder)

S	Rf Backward	L front	R high outer forearm block (ulna side of wrist)
S		L front	L high straight punch
S	Rf ->		R high twisting kick
S	Drop Rf	R front	Low X-block
S		R front	L knife hand rising block
S	<jump> Forward	L x'd in front of R	L back fist (to face, as above) <Yell!>
N	Rf toward N, into:	R fixed stance	R middle straight punch
N	CCW 180*		L spinning hook kick
N	Drop Lf	Horse (chest-E)	L knife hand strike
N	Rf ->		R side kick
N	Drop Rf	R front	L high hook punch
N	Pull Lf -> Rf	Feet together	R horizontal punch <Slowly & Exhaling>
N	Forward	R front	Middle knife hand wedging blocks (palms down)
NW	Pivot on balls of feet		L ridge hand scooping block
N	Pull Rf backward	R cat	Twin downward palm pressing blocks (i.e. with both hands at the same time)
N	<Slide> Rf forward	R back	L middle reverse punch
N	Dodging step backward	R front	R low inward ridge hand block (L open hand at the right shoulder)
N	Lf forward	L front	Middle knife hand wedging blocks (palms down)
NE	Pivot on balls of feet		R ridge hand scooping block

N	Pull Lf back	L cat	Twin downward palm pressing blocks (as above)
N	<Slide> Lf forward	L back	R middle reverse punch
N	Dodging step backward	L front	L low inward ridge hand block (as above)
N	180* CW, toward N		R spinning hook kick
N	Drop Rf	R cat	Twin forearm guarding blocks
N	180* CCW, toward N		L spinning hook kick
N	Drop Lf	L cat	Twin forearm guarding blocks
N	Cross the Lf behind the Rf, then step backward w/ Rf	L back	L low knife hand block (R fist chambered at the r-hip)
N	Shift Rf	L front	R middle reverse punch
N	Lf backward	R back	R low knife hand block (as above)
N	Shift Lf	R front	L middle reverse punch
N		R front	R high straight punch <Yell!>
N	Pull Rf -> Lf	Feet together	Ready.

## KEUM-GANG (27 Movements) 금강

WTF Form: 2<sup>ND</sup> dan

Direction	Movement	Stance	Action
N	<ready>	<ready>	Ready
N	<Forward>	L front	Middle wedging blocks (radius sides)
N	<Forward>	R front	R palm heel strike (head level)
N	<Forward>	L front	L palm heel strike (head level)
N	<Forward>	R front	R palm heel strike (head level)
N	<Backward>	L back	L inward middle knife hand block
N	<Backward>	R back	R inward middle knife hand block
N	<Backward>	L back	L inward middle knife hand block
W	Lifting the Lf off the ground, pivot CCW (90*)	R crane stance (right leg is bearing the weight)	Keumgang block ("Diamond Block") <Slowly & Exhaling>
W	Drop Lf forward into	Horse (Chest faces N)	R circular punch (right hook punch and left back elbow strike at same time)
W	Pivot on the Lf, 180* (CCW) toward W, then pivot on the Rf another 180* toward W, into	Horse (Chest faces N)	R circular punch
N	CCW (90*)		R high inside crescent kick
N	Drop Rf with a stomp...	Horse (Chest faces W)	Santeul makki ("Mountain Block") <Yell!>
N	Turning CW (180*)	Horse (Chest faces E)	Middle wedging blocks (radius sides)
N	Pull Lf into and against the Rf	Feet together	Cross arms in front of body, followed by Double low forearm blocks <Slowly & Exhaling>
S	Lifting the Lf off the ground, pivot CW (180*)		L high inside crescent kick
S	Drop the Lf with a stomp, into...	Horse (chest faces W)	Santeul makki ("Mountain Block")
E	Lifting the Rf off the ground, pivot CW (90*)	L crane stance (chest-N)	Keumgang block ("Diamond Block")

E	Drop the Rf forward into	Horse (chest faces N)	L circular punch
E	Pivot on the Rf CW (180*) toward E, then...		
E	Pivot on the Lf another 180* toward E, into...	Horse (chest faces N)	L circular punch
E	Lifting the Rf off the ground, pivot CW (90*)	L crane stance (chest-N)	Keumgang block ("Diamond Block")
E	Drop the Rf forward into	Horse (chest faces N)	L circular punch
N	Lifting the Lf high in the air, CW (90*)		L high inside crescent kick
N	Drop Lf with a stomp, into...	Horse (chest faces E)	Santeul makki ("Mountain Block") <Yell!>
N	Pivoting on the Lf, CCW (180*)	Horse (chest faces W)	Middle wedging blocks
N	Pull Rf into and against the Lf	Feet together	crossing arms in front of body, followed by Double low forearm blocks <Slowly & Exhaling>
S	Lifting the Rf high in the air, CCW (180*)		
S	Drop the Rf with a stomp, into...	Horse (chest faces E)	R high inside crescent kick
W	Lifting the Lf off the ground, pivot CCW (90*)	R crane stance (chest-N)	Santeul makki ("Mountain Block")
W	Drop the Lf forward into	Horse (chest faces N)	Keumgang block ("Diamond Block")
W	Pivot on the Lf CCW (180*) toward W, then pivot another 180* CCW on the Rf toward W, into	Horse (chest faces N)	R circular punch
N	Bring Lf in toward the Rf	Feet together	R circular punch
			Ready.

## CHUNG-JANG (52 Movements) 총장

ITF Form: 3<sup>RD</sup> dan (1 of 2)

Direction	Movement	Stance	Action
N	--	Ready	R fist in L palm, at chest/neck level
N	Moving the Rf	Horse (chest-N)	Scissor Block (L-low block & R middle block)
N	--	Horse	Scissor Block (R low block & L middle block)
N	Rf -> Lf	Feet together	L horizontal punch < <b>Slowly &amp; Exhaling</b> > (Punch is toward E, but chest still faces N)
N	Forward	L front	R scissor spear finger strike (to the eyes)
N	Forward	R front	L scissor spear finger strike (to the eyes)
N	--	R front	R back fist strike (to the philtrum). (L fist guards at R elbow)
N	Forward	L front	L upper rising block
N	Forward	R front	R middle punch < <b>Yell!</b> >
N	360* CCW, back toward S, on the ball of the Lf	L back	Middle-level guarding blocks
N	Forward		R high front kick (hands remain as they are)
N	Drop Rf forward	R front	R high spear hand strike (palm down)
	Bending at both knees, drop down on your left knee with both hands on the floor behind you. Do a right roundhouse kick toward N.		
	Raise yourself slightly (off the hands, but still kneeling on the left knee), do a R middle punch from the kneeling position.		
N	Shifting weight to the Rf, step up and slide forward into:	R back (facing S)	L elbow strike (toward N) (with the 'point' of the elbow) (R-fist is chambered)

N	On the ball of the Rf, step backward with Lf toward S	R back	Middle level guarding blocks
N	Backward	L back	L upward palm block
N	Backward	R back	R shoulder-level knife hand strike
S	CCW 180*	L front	Low X-block
S	Reach out with both hands in a grabbing gesture at the opponent's head. Then pull your opponent into R knee strike (Alternative: Pull into a low front kick, as if you just grabbed your opponent's kicking leg)		
N	Drop Rf next to the Lf, then CCW 180*, stepping toward N with the Lf	L back	Middle Knife hand guarding blocks
N	Keeping the Lf fixed pivot CW (180*) to face N	R back (facing S)	R elbow strike (to N) (L-fist chambered) (Note: Here the back stance faces S, but the attack is delivered behind you, to the N)
N	Keeping the Lf fixed, move the Rf, CW 180*	R back	Middle Knife hand guarding blocks
N	--	--	R side kick
W	Drop Rf alongside Lf	Lf x'd over Rf (chest-W)	Bending slightly at the knees, do a twin downward palm block.
S	On the ball of Lf, step out with Rf toward S	R front	R inward forearm block (ulna side), followed rapidly by: R horizontal back fist (L fist chambered)
N	Pivot CCW (180*)	L back	L high spear hand attack (palm down)
N	--	L back	High knife hand X-block
N	--	L back	Grab your opponent with your blocking hands, then...
N	Rf ->	--	R high front kick

S	Drop Rf toward N and pivot 180* CCW to face S	L front	Chamber both fists to the R-hip to do an elbow strike behind you (toward N) <Slowly & Exhaling>
S	Shift Lf	L back	L downward backhand strike
S	--	L back	R hook punch into the L palm
S	STOMP forward	R back	R downward backhand strike
S	--	R back	L hook punch into the R palm
N	Pivot CCW to face N	L back	L knife hand strike (shoulder-level)
N	Shift Lf	L front	R vertical upward elbow strike (into the L-palm)
N	Forward	R back	R knife hand strike (shoulder-level)
N	Shift Rf	R front	L vertical upward elbow strike (into the R palm)
S	Pivot CCW to face S	L back	Low ridge hand guarding blocks
S	Shift Lf	L front	R "9"-shaped block (R arm down, L arm up)
S	Forward	R back	Low ridge hand guarding blocks
S	Shift Rf	R front	L "9"-shaped block (L arm down, R arm up)
S	Backward	L front	Twin knife hand strikes (toward both E and W)
S	--	L front	R-arc hand strike to the opponent's throat.
S	Forward	--	R high front kick (hands remain as they are)
S	Drop Rf forward	R front	L arc hand strike (to throat)
S	Forward	--	L high front kick (hands remain as they are)



S	Drop Lf forward	L front	R high reverse punch, followed rapidly by a L high punch
S	Draw Rf -> Lf	Feet together (chest-S)	"Bull" block (slightly above and in front of the head) <Slowly & Exhaling>
W	On ball of Rf, CCW 270*	L front	L low knife hand block, followed quickly by R high section palm strike
E	Lf -> Rf, then step out with Lf toward E	R front	R low knife hand block, followed quickly by L high section palm strike <Yell!>
N	Rf -> Lf	Feet together	Ready.

## JU-CHE (52 Movements) 주체

ITF Form: 3<sup>RD</sup> dan (2 of 2)

Direction	Movement	Stance	Action
N		Feet together	Both fists on hips (arms on the same plane as body)
N	Lf toward W	Horse (chest-N)	Middle outward wedging blocks (radius sides of the forearms)
N	--	Horse	Reach forward with R-hand toward opponent's head and pull him into: L middle straight punch <Yell!>
N	Lift Rf	Crane	Twin high inward forearm blocks (ulna sides of wrist)
E	Rf ->		R side kick <Slowly!>
W	Turn CW (180*) to face W (keeping the R leg extended)		R hook kick
W	Drop Rf	R x'd in front of L (chest-S)	R horizontal downward back fist strike (L fist chambered at hip)
S	Lf ->		L twisting kick (inverted roundhouse)
S	without dropping Lf		L side kick
S	drop Lf	Horse stance (chest-W)	L knife hand strike
S	pivot forward on balls of feet	L front	Right high 'roundhouse' elbow strike (L hand supports R fist)
W	Lf -> Rf	L x'd in front of R	L low reverse ridge hand block (R open hand rests on L wrist)
E	Rf toward E	R back	Middle knife hand guarding blocks

E	Jump & Spin 180* CCW in air		L knife hand strike (in the air)
E	<land>	L back	maintaining hand position of knife hand strike
N	Rf toward E	Horse (chest-N)	Middle outward wedging blocks (radius sides)
N		Horse	reach forward with left hand and pull opponent into:
N		Horse	R middle straight punch
N	Lf ->	Crane (chest-N)	Twin high inward forearm blocks (ulna sides of wrists)
W	Lf ->		L Side kick <Slowly!>
E	Keeping the L leg extended, rotate CCW (180*) to face E, then		L spinning hook kick
E	Drop Lf	L x'd in front of R	L horizontal downward back fist strike (R fist chambered at belt)
S	Rf ->		R twisting kick
S	without dropping the Rf		R side kick
S	Drop Rf	Horse (chest-E)	R knife hand strike
S	pivot forward on balls of the feet		L high 'roundhouse' elbow strike (R hand supports L fist)
E	Rf -> Lf	R x'd in front of Lf	R low reverse ridge hand block (L open hand rests on the R-wrist)
W	Stepping out with Lf toward W	L back	Twin knife hand guarding blocks
W	Jump & Spin 180* CW in air		R knife hand strike
W	<land>	R back	Maintaining hand position from knife hand strike above
W	Lf ->		Left axe kick

W	Drop Lf	L cat	Twin forearm guarding blocks
N	Rf -> Lf	Feet together (chest-N)	"hands to heaven"
N	Step Lf backward, sliding	R cat	R downward elbow strike (L fist chambered at the hip)
N	Shift Lf	R front	L crescent arc-hand strike
N	Step Rf backward, sliding	L cat	L downward elbow strike (R fist chambered at the hip)
N	Shift Rf	L front	R crescent arc-hand strike
N	Lf backward	R front	Twin inward knife hand strikes (to the neck)
N	Rf backwards	L front	R downward reverse punch (You are attacking someone on the ground, beneath you)
N	Step Lf behind Rf, then Slide Rf backward	L cat	L downward forearm block (ulna side of wrist) (block is parallel to the floor)
N	Jump & Spin 180* CW in the air		R jump spinning hook kick
N	<land>	R back	Twin forearm guarding blocks
N	Step Rf behind Lf, then Slide Lf backward	R cat	R downward forearm block (ulna side of wrist) (block is parallel to the floor)
N	Jump & Spin 180* CCW in the air		L jump spinning hook kick
N	<land>	L back	Twin forearm guarding blocks
N	Run forward, taking two steps, jumping off the Lf		Jump flying scissor kick
N	<land>	Horse (chest-N)	Twin upward palm-heel block (the wrists are together, fingers pointing away)

N	Slide Rf toward N, turning to face S in:	L back (facing S)	Right elbow strike (behind you, toward N) (L fist chambered)
N	Lift Lf into	R crane (chest-S)	Double low forearm blocks (to your left & right) <Slowly & Exhaling>
N	CCW 180*, Lf->		L back kick (side kick) <Slowly>
N	Drop Lf	L back	L horizontal back fist strike (R fist chambered)
N	Rf -> Lf	Feet together (chest-N)	R high ridge hand
N	JUMPing up (but NOT forward)	--	R high straight punch (in mid-air), then rapidly
N	<as you land>	Open stance (chest-N)	R middle upset punch
N	<land> then slide Rf forward	R front	L downward knife hand strike (to collar bone)
N	Lf forward	L front	Right middle reverse punch <Yell!>
N	Rf -> Lf	Feet together	Ready.

A note on the scissor kick:

*This is essentially the same as doing a split mid-air. Once you leave the ground and achieve maximum height for your jump, you will SIMULTANEOUSLY thrust your left leg out in a front (or 'twisting') kick, attacking an opponent on your left, AND thrust your right leg out into a side kick, attacking an opponent to your right. Because of the way you will need to twist your hips, the ball of the left foot (i.e. its striking surface) will actually point mostly backwards (as it would in relation to your right leg if you were doing a split on the ground.)*

*Those who cannot physically perform the technique will take the appropriate number of steps and then, on the ground, do a Left "twisting" kick toward their left; drop the kicking leg and immediately do a Right-side kick toward their right. The USTF allows students age 35 and over to substitute Ko-Dang hyung for this pattern during testing.*

## TAE-BAEK (26 Movements) 태백

WTF Form: 3<sup>RD</sup> dan

Direction	Movement	Stance	Action
N	--	Ready	Ready
W	CCW (90*)	L cat	Twin lower knife hand blocks
W	Forward	--	R front kick
W	land	R front	R middle punch
W	--	R front	L middle reverse punch
E	CW (180*)	R cat	Twin lower knife hand blocks
E	Forward	--	L front kick
E	land	L front	L middle punch
E	--	L front	R middle reverse punch
N	CCW (90*)	L front	Simultaneously do:
			L rising block w/knife hand
			R inward knife hand strike (to the head)
N	Arc the right hand in front of the body, then...	--	R outside palm pushing block
N	Forward	R front	L middle reverse punch
N	Arc the left hand in front of the body, then...	--	L outside palm pushing block
N	Forward	L front	R middle reverse punch
N	Arc the right hand in front of the body, then...	--	R outside palm pushing block
N	Forward	R front	L middle reverse punch <Yell!>
E	CCW (270*)	L back	Twin forearm block (i.e. the arm corresponding to the back leg does a rising upper block, while the arm corresponding to the front leg does an outward middle forearm block.
E	--	L back	R uppercut punch (left first is pulled to the right shoulder)
E	Shift Lf	Horse	L side punch
		(Chest-S)	
E	Lift the Lf	R crane stance	Chamber both fists to the R-hip
E	--	R crane stance	L high side kick
E	Land	L front	R elbow strike into the left palm

	Withdraw the Lf into the Rf, then step out with the Rf toward W ...		
W	CW (180*)	R back	Twin forearm block (as above)
W	--	R back	L uppercut punch (right fist is pulled to the left shoulder)
W	Shift Rf	Horse (Chest-S)	R side punch
W	Lift the Rf	L crane stance	Chamber both fists to the L hip
W	--	L crane stance	R high side kick
W	land	R front	L elbow strike into the right palm
	Withdraw the Rf into the Lf, then step out with the Lf toward S		
S	CCW (90*)	L back	Middle knife hand guarding blocks
S	Forward	R front	R middle spear hand thrust
S	Folding and tucking the arms, pivot on the Rf CCW (360*) forward	L back	L high backhand strike (Deung-Joomeok)
S	Forward	R front	R middle straight punch <Yell!>
W	CCW (270*)	L front	Scissor forearm blocks (L is down, R is up)
W	Forward	--	R front kick
W	land	R front	R middle punch
W	--	R front	L middle reverse punch
E	CW (180*)	R front	Scissor forearm blocks (L is up, R is down)
E	Forward	--	L front kick
E	land	L front	L middle punch
E	--	L front	R middle reverse punch
N	CCW (90*), pulling the Lf back into the Rf	Feet together	Ready

## SAM-IL (33 Movements) 삼일

ITF Form: 4<sup>TH</sup> dan (1 of 2)

Direction	Movement	Stance	Action
N		Ready	Open hands crossed in front of groin
N	Forward	L back	Twin forearm guarding blocks <Yell!>
N	Forward	R front	Twin forearm guarding blocks
N	Forward	L front	R high section knife hand block < <b>SLOWLY &amp; EXHALING!</b> > (L open hand supports pushing motion at the R-wrist.)
N	Forward	--	R twisting kick (maintain hand positions)
N	Drop Rf	R front	R middle punch
W	Shift Rf	Horse (chest-W)	Middle ridge hand wedging blocks
S	Shift Lf	L front	R low spear hand strike (palm up) (i.e. to groin) (drawing L open hand to R shoulder)
S	Shift Lf	L back	Simultaneously do: L low forearm block (toward S) R high back fist strike (toward N)
E	Rf toward S	Horse (chest-E)	Middle ridge hand wedging blocks
S	Shift Rf	R back	Twin low punches
S	Forward	L front	Pressing crescent block to the right < <b>Slowly &amp; Exhaling</b> >
S	Forward	R front	L middle reverse punch
N	Move Rf one half step inward, then pivot CCW 180*	L back	Twin low punches



W	CCW (90*)	L back	L middle outward ridge hand block (R open hand guards at solar plexus)
W	Shift Lf	L fixed stance	Pole block
W	Forward	--	R inward foot sweep (maintain hand positions)
W	Drop Rf	R fixed stance	Pole block
W	JUMP off both legs, drawing the knees up high, spin 360* CCW in the air, to land in	R back	Knife hand guarding block
W	--	--	R side kick
E	Drop Rf beside Lf, then step out with Lf toward E	L front	R horizontal elbow strike (into L palm)
S	Step out with Lf toward E, turning 180* CCW into	Uneven stance (chest-N)	L elbow strike (toward S) (R open hand reinforcing at the L fist)
	(Note: This stance is just like a horse stance (chest-N) except that it is not quite as deep (i.e. low to the ground) *AND* the right foot is slightly more forward (i.e. toward N) than the left foot. In other words, the heel of the Rf and toes of the Lf lie on a straight line running E <--> W.		
E	Shift Rf	R front	Low X-block
E	Forward	--	L high inward crescent kick
E	STOMP Lf down toward E, into	Horse (chest-S)	Mountain block
E	--	--	L side kick
W	Drop Lf, turning to face W	R back	Low knife hand guarding blocks
W	Forward	L cat	L upward palm block
W	Forward	R cat	Twin downward palm blocks (wrists together)

S	Lift the Lf and STOMP toward S	L front	Twin upset punches
S	Forward	R back	R low forearm block
S	--	R back	L uppercut punch (as you draw the L fist to the R shoulder)
N	CCW (180*)	L front	R high outward forearm block (ulna side)
N	--	L front	L high punch
N	--		L front kick (maintaining hand positions)
N	Drop Lf forward, then step forward again with the Rf into	R front	Twin high vertical punches <Yell!>
N	Lf -> Rf	Ready	Ready.

## YU-SIN (68 Movements) 유신

ITF Form: 4<sup>TH</sup> dan (2 of 2)

Direction	Movement	Stance	Action
N	--	Ready	R fist chambered at waist L open hand across the knuckles
N	Slide Lf	Horse (chest-N)	Twin elbow strikes (to E and W) <Yell!> (palms open and face down at shoulder height)
N	Slide both feet in a shuffle toward E	Horse (chest-N)	Simultaneously do: R elbow strike (behind you) L back punch over right shoulder
N	Slide both feet in a shuffle toward W	Horse (chest-N)	Simultaneously do: L elbow strike (behind you) R back punch over left shoulder
N	straightening slightly at the knees		R knife hand block (grabbing)
N	bending again at the knees	Horse (chest-N)	L middle punch
N	straightening at the knees		L knife hand block (grabbing)
N	bending again at the knees	Horse (chest-N)	R middle punch
NW	Shift Lf	L front	L high outward forearm block (ulna side)
NW	Pivoting on the balls of both feet	L front	R scoop block
NE	Pivot on both feet CW (90*)	Horse (chest-NE)	L upward palm block
NE	--	Horse (chest-NE)	R middle punch
NE	Slide Lf -> Rf, then step the Rf toward NE	R front	R high outward forearm block (ulna side)

NE	Pivot on the balls of both feet	R front	L scoop block
NW	Pivot on both feet CCW (90*) into	Horse (chest-NW)	R upward palm block
NW	--	Horse (chest-NW)	L middle punch
*Note: The following 4 movements are done in rapid succession.			
*NW	Pivot on Rf CCW (45*) into	L front (facing W)	R high knife hand hooking block (toward NW) (grabbing)
*NW	Pivot CW (45*)	Horse (chest-NW)	L middle punch
*NW	Pivot on both feet 90* CW into	R front (facing NE)	L high knife hand hooking block (toward NW)
*NW	Pivot on both feet CCW (90*)	Horse (chest-NW)	R middle punch
N	Shift Rf behind you toward S, turn right 45*	L front	Low X-block
N	--	L front	High X-knife hand block
N	Pivot both hands around at the wrist (This is a grab and wrist lock)	L front	R middle reverse punch
N	Forward	--	R front kick (maintain hand positions)
N	Drop Rf	R front	L middle reverse punch
N	--	R front	Low X-block
N	--	R front	High X-knife hand block
N	Pivot both hands around at the wrist (as above)	R front	L middle reverse punch
N	Forward	--	L front kick (maintain hand positions)
N	Drop Lf	L front	R middle reverse punch

N	Forward	R back	Middle knife hand guarding blocks
N	Forward	L back	Middle knife hand guarding blocks
N	Backward	R back	Middle knife hand guarding blocks
N	Backward	L back	Middle knife hand guarding blocks
N	Forward	R front	Double forearm guarding blocks
N	Keeping the R arm fixed, rapidly follow with	R front	L low forearm block
N	Forward	L front	Double forearm guarding blocks
N	Keeping the L arm fixed, rapidly follow with	L front	R low forearm block
N	Forward	R front	R middle punch <Yell!>
S	Left (180*)	L back	L outward middle ridge hand block
S	Pull the Rf -> Lf	Ready (chest-S)	Hands open and crossed in front of groin
SW	Right 45*, STOMPing down into	R front	Double upset punches
SE	Pull the Rf -> Lf while pivoting and step out with Lf, Left (90*), STOMPing	L front	Double upset punches
W	Pull Lf -> Rf, then step out toward W into	R back	R outward middle block (radius side)
W	--	R back	L middle reverse punch
E	Draw Lf -> Rf, chamber the L arm and do	Feet together (chest-S)	R circular punch (toward E)
E	Step out with Lf toward E into	L back	L outward middle block (radius side)

E	--	L back	R middle reverse punch
W	Draw Rf -> Lf, chamber the R arm and do	Feet together (chest-S)	L circular punch (toward W)
W	Shift Lf out toward E into	L fixed stance	"U" shaped punch
W	Pull the Lf -> Rf	Feet together (chest-E)	Chambering both fists to the L hip
W	Then step out with Rf toward E into	R fixed stance	"U" shaped punch
S	Shift Rf, STOMPing down into	Horse (chest-E)	R back fist strike (toward S) <Yell!> (L fist chambered at hip)
E	Draw the Rf in sharply toward your groin. As you do this pull the R-arm inward and perpendicular to the L arm.	L crane (chest-E)	R inward forearm block (ulna side) (L fist guarding at the R elbow)
E	Step back out with a STOMP into	Horse (chest-E)	R outward forearm block (toward SE) (ulna side)
E	Draw the Lf in sharply toward your groin. Maintain your hand positions as you STOMP the Lf back down into:	Horse (chest-E)	R inner inward block (toward NE) (ulna side)
S	--	Horse (chest-E)	R open backhand strike
S	Forward	--	L inward crescent kick (into palm of R hand)
S	Without dropping the Lf...	--	L side kick
S	Drop Lf	Horse (chest-W)	L open backhand strike

S	Forward	--	R inward crescent kick (into palm of L hand)
S	Without dropping the Rf...	--	R side kick
S	Drop Rf	Horse (chest-E)	R "9"-shaped block (the right arm is down)
S	--	Horse (chest-E)	L "9"-shaped block
S	Forward	Horse (chest-W)	R "9"-shaped block
S	--	Horse (chest-W)	L "9"-shaped block
N	Pull Lf -> Rf and in a circular motion...	Open stance (chest-W)	R downward hammer fist strike (toward N)
W	Step Rf backwards, toward E, into	L front	Twin high vertical punches
E	Step forward with the Rf toward W, turning on the ball of the Lf, 180* CCW to face E	L front	Twin high vertical punches
NW	Pull Rf -> Lf, then step out with the Lf toward NW into	L back	Middle knife hand guarding blocks
NE	Pull Lf -> Rf, then step out with the Rf toward NE into	R back	Middle knife hand guarding blocks <Yell!>
N	Pull Rf -> Lf	Ready	Ready.

**PYONG-WON ( \_\_ Movements) 평원**

WTF Form: 4<sup>TH</sup> dan

**CHOI-YONG (68 Movements) 최영**

ITF Form: 5<sup>TH</sup> dan (1 of 2)

**YONG-GAE ( \_\_ Movements) 연개**

ITF Form: 5<sup>TH</sup> dan (2 of 2)

**SHIP-JIN ( \_\_ Movements) 십진**

WTF Form: 5<sup>TH</sup> dan

**UL-GI ( \_\_ Movements) 을지**

ITF Form: 6<sup>TH</sup> dan (1 of 2)

**MOON-MO ( \_\_ Movements) 문무**

ITF Form: 6<sup>TH</sup> dan (2 of 2)

**JI-TAE ( \_\_ Movements) 지태**

WTF Form: 6<sup>TH</sup> dan

**SO-SAN ( \_\_ Movements) 서산**

ITF Form: 7<sup>TH</sup> dan

**CHON-KWON ( \_\_ Movements) 천권**

WTF Form: 7<sup>TH</sup> dan

**SE-JONG ( \_\_ Movements) 세종**

ITF Form: 8<sup>TH</sup> dan

**HAN-SU ( \_\_ Movements) 한수**

WTF Form: 8<sup>TH</sup> dan

**TONG-IL ( \_\_ Movements) 통일**

ITF Form: 9<sup>TH</sup> dan



# IL-YEO ( \_\_ Movements) 일여

WTF Form: 9<sup>TH</sup> dan

**NOT PRACTICED****KO-DANG (39 Movements)**

ITF Form:

Direction	Movement	Stance	Action
N	--	Ready	Open hands crossed at groin level.
NE	With Rf, step backward into	Horse (chest-NE)	L middle section inward palm block, followed rapidly by: R middle punch
N	Rf backward	L back	Twin forearm guarding block
N	--	L back	Scissor Block (L middle block, R low block)
NW	Slide Lf into	Horse (chest-NW)	R middle section inward palm block, followed rapidly by: L middle punch
N	Lf backward	R back	Twin forearm guarding blocks
N	--	R back	Scissor block (R middle block, L low block)
S	CW (180*)	--	R reverse side kick (toward S)
N	Drop Rf	L back	L middle knife hand block (R fist chambered at R hip)
S	CCW (180*)	--	L reverse side kick (toward S)
N	Drop Lf	R back	R middle knife hand block (L fist chambered at L hip)
N	Backward	L back	L downward vertical elbow strike
N	Backward	R back	R downward vertical elbow strike
N	Forward	L front	Scissor palm pressing blocks (L upward, R-downward) <Slowly & Exhaling>

N	Forward	F front	Scissor palm pressing blocks (R upward, L downward) <Slowly & Exhaling>
N	Backward	L back	L low forearm block
N	Forward	R back	R low forearm block
N	Forward	L cat	L upward palm pressing block
N	Forward	R cat	R upward palm pressing block
N	Rf backward into	L cat	L front kick (maintain hand positions)
N	Lf forward, STOMP down into	L front	Twin inward knife hand strikes (to opponent's throat), Rapidly followed by: L knife hand rising block
N	Shift Lf	L back	L low knife hand block
N	Shift Lf	L front	R low reverse punch (eyes should also look downward) <Yell!>
N	Step Lf behind Rf, shifting weight onto Lf, then step Rf backward, SLIDING, into:	L back	Middle knife hand guarding blocks
N	JUMP off both legs, drawing knees high in the air, then land in	L back	Middle knife hand guarding blocks
N	JUMP forward, pivoting CCW 180* to land in	Rf x'd over Lf	R back fist strike (L fist guarding at R elbow)
S	Step out with Lf to face S	L front	L high outward forearm block (ulna side)
N	Pull Lf -> Rf, then step out toward N with Rf	R front	R high outward forearm block (ulna side)
N	Lf forward	L back	R uppercut punch (as you draw the L-fist to the R-shoulder)

E	Keeping Lf fixed and arms crossed in front of chest, lift Rf to do:	--	R inward foot sweep (toward E) (i.e. a 'hooking' kick)
E	Drop Rf	R back	R outward knife hand strike
W	Rf -> Lf	Feet together	Turn head toward W
W	--	--	L inward foot sweep (toward W) (i.e. a 'hooking' kick)
W	Drop Lf	L back	L outward knife hand strike
E	Lf -> Rf, then step out with the Rf toward E into	R back	Middle knife hand guarding blocks
W	Rf -> Lf, then step out with the Lf toward W, into	L back	Middle knife hand guarding blocks <Yell!>
N	Lf -> Rf	Ready	Ready