





3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.



4. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while extending the right fist to D horizontally.



5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.



7. Move the right foot to AD, forming a right waling stance toward AD while executing a high side block to AD with the right inner forearm.



8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.



9. Lower the left foot to AD, forming a left walking stance toward AD while executing a middle punch to AD with the left fist.



10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.



11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a high side block to BD with the left inner forearm.



12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.



13. Lower the right foot to BD, forming a right walking stance toward BD, while executing a middle punch to BD with the right fist.



14. Execute a middle punch to DE with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.



15. Execute a high hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.



16. Execute a high hooking block to D with the left palm while maintaining a right walking stance toward D.



17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.



18. Move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm.



19. Execute a high hooking block to D with the right palm while maintaining a left walking stance.



20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Perform 19 and 20 in a continuous motion.



21. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



22. Turn the face toward D, forming a right bending ready stance A toward D.



23. Execute a middle side piercing kick to D with the left foot.



24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.



25. Turn the face toward C while forming a left bending ready stance A toward C.



26. Execute a middle side piercing kick to C with the right foot.



27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.



28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block.



29. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.



30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.



31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip.



32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.



33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.



34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm.



35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.



36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.



37. Move the right foot to A, forming a right walking stance toward A, at the same time executing a high block to A with the right double forearm.



38. Bring the right foot to the left foot, and then move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left double forearm.



END. Bring the left foot back to a ready posture.