



I shaped pattern

| # | + | Move | Stance | Action |
|----|----|--------------------------------------|---------------------|---|
| | N | | Jun-bi | L fist against R palm in front of R hip feet shoulder width apart |
| 1 | N | L foot to W | Horse-riding stance | Twin elbow strikes to each side at shoulder height ending with finger tips touching |
| 2 | N | Slide to E | Horse-riding stance | R back elbow to S + L punch over R shoulder to S. Look over shoulder. Do this quickly |
| 3 | N | Slide to W | Horse-riding stance | L back elbow to S + R punch over L shoulder to S. Look over shoulder. Do this quickly |
| 4 | N | Pull L foot in + stand up | Parallel stance | R mid-section hooking block with palm <i>followed quickly by</i> |
| 5 | N | Step L foot back to W | Horse-riding stance | L mid-section punch |
| 6 | N | Pull R foot in + stand up | Parallel stance | L mid-section hooking block with palm <i>followed quickly by</i> |
| 7 | N | Step R foot back to E | Horse-riding stance | R mid-section punch |
| 8 | NW | L foot forward to | L front stance | L upper-section outer-forearm block |
| 9 | NW | | | R inner forearm circular block |
| 10 | NE | Move L foot to | Horse-riding stance | L palm scooping block <i>followed quickly by</i> |
| 11 | NE | | | R mid-section punch |
| 12 | NE | Bring L foot back to R then step out | R front stance | R upper-section outer-forearm block |
| 13 | NE | | | L inner forearm circular block |
| 14 | NW | Move R foot to | Horse-riding stance | R palm scooping block <i>followed quickly by</i> |
| 15 | NW | | | L mid-section punch |
| 16 | W | Move L foot to | L front stance | R upper-section hooking block <i>followed quickly by</i> |

| # | + | Move | Stance | Action |
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| 17 | NW | Pull R foot up | Horse-riding stance | L mid-section punch <i>followed quickly by</i> |
| 18 | NE | Shift R foot across | R front stance | L upper-section hooking block to NW <i>followed quickly by</i> |
| 19 | NW | Shift R foot back again | Horse-riding stance | R mid-section punch |
| 20 | N | Move R foot back | L front stance | Lower-section X-block <i>followed quickly by</i> |
| 21 | N | | | Upper-section knife-hand X-block |
| 22 | N | | | R mid-section reverse punch with L fingertips on R elbow |
| 23 | N | | | Keeping hands stationary, R lower-section front kick |
| 24 | N | Step foot down | R front stance | L reverse punch |
| 25 | N | | | Lower-section X-block <i>followed quickly by</i> |
| 26 | N | | | Upper-section knife-hand X-block |
| 27 | N | | | L mid-section reverse punch with R fingertips on L elbow |
| 28 | N | | | Keeping hands stationary, L lower-section front kick |
| 29 | N | Step foot down | L front stance | R reverse punch |
| 30 | N | Step through | L back stance | Knife-hand guarding block |
| 31 | N | Step through | R back stance | Knife-hand guarding block |
| 32 | N | Step back | L back stance | Knife-hand guarding block |
| 33 | N | Step back | R back stance | Knife-hand guarding block |
| 34 | N | Step forward | R front stance | R double forearm block. <i>Fast</i> |
| 35 | N | | | L lower-section outer-forearm block ¹ |
| 36 | N | Step forward | L front stance | L double forearm block. <i>Fast</i> |
| 37 | N | | | R lower-section outer-forearm block ² |
| 38 | N | Step forward | R front stance | R mid-section lunge punch |
| 39 | S | Pivot on R foot | R back stance | L upper-section reverse knife-hand block |

¹ Retain R hand in position from 34

² Retain L hand in position from 36

| # | + | Move | Stance | Action |
|----|----|--|-----------------------|--|
| 40 | S | Bring R foot forward | Closed ready stance C | Hands folded |
| 41 | SW | Step forward with a <i>stamp</i> | R front stance | Twin upset punch (RH side) |
| 42 | SE | Bring R foot to L foot then step out with a <i>stamp</i> | L front stance | Twin upset punch |
| 43 | W | Pull L foot back to R foot then slide R foot to | L back stance | R inner forearm block |
| 44 | W | | | L mid-section reverse punch |
| 45 | S | Turn 90° cc + bring L foot to R foot into | Closed stance | Slow R hook punch |
| 46 | E | Slide L foot into | R back stance | L inner forearm block |
| 47 | E | | | R mid-section reverse punch |
| 48 | S | Turn 90° clockwise | Closed stance | Slow L hook punch |
| 49 | E | Slide L foot to | L back stance | U-shaped punch |
| 50 | E | Move L foot to R foot then slide R foot to | R back stance | U-shaped punch |
| 51 | E | Move L foot and step R foot out with a <i>stamp</i> to | Horse-riding stance | R front backfist with L fist under R elbow |
| 52 | E | R waving kick ³ then return to | Horse-riding stance | R outer-forearm block to S keeping L fist under R elbow ⁴ |
| 53 | E | L waving kick then return to | Horse-riding stance | R inwards block to N keeping L fist under R elbow ⁵ |
| 54 | E | | | R backhand strike to S |
| 55 | S | Keep R hand out as target | Pivot on R foot | L inward crescent kick to R palm <i>followed quickly by</i> |
| 56 | S | | | L double upper-section then mid-section side kick |

³ Knee stays still & foot sweeps inward and upward to deflect attacker's kick with sole of the foot

⁴ Keep hands in same position as 51

⁵ Keep hands in same position as 51 & 52

| # | + | Move | Stance | Action |
|----|----|---|--------------------------------|---|
| 57 | W | Lower L foot to | Horse-riding stance | L backhand strike to S |
| 58 | S | Keep L hand out as target | Pivot on L foot | R inward crescent kick to L palm <i>followed quickly by</i> |
| 59 | S | | | R double upper-section then mid-section side kick |
| 60 | E | Lower R foot to | Horse-riding stance | R figure 9 block ⁶ |
| 61 | E | | | L figure 9 block |
| 62 | W | Move L foot 180° clockwise to | Horse-riding stance | R figure 9 block |
| 63 | W | | | L figure 9 block |
| 64 | N | Pull up L foot to | L vertical stance ⁷ | R hammerfist |
| 65 | W | Move R foot | L front stance | Upper-section twin vertical punch |
| 66 | E | Turn 180° CC | L front stance | Upper-section twin vertical punch |
| 67 | NW | Bring R foot to L foot then move L foot NW to | R back stance | Mid-section knife-hand guarding block |
| 68 | NE | Bring L foot to R foot then move R foot NE to | L back stance | Mid-section knife-hand guarding block KIUP |
| | N | On "keuman" bring back foot up | | Same as starting position |

Points to watch

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⁶ R hand scoops up

⁷ Like back stance but only shoulder width long