

CH'ŎN-JI PATTERN

Diagram: +

19 movements

Parallel Ready stance

1. Move L. foot to 'B' forming L.Walking stance while executing L.S. block with L. outer forearm.
2. Move R. foot to 'B' forming R.Walking stance while executing M.S. punch with R. fist.
3. Move R. foot to 'A' forming R.Walking stance while executing L.S. block with R. outer forearm.
4. Move L. foot to 'A' forming L.Walking stance while executing M.S. punch with L. fist.
5. Move L. foot to 'D' forming L. Walking stance while executing L.S. block with L. forearm.
6. Move R. foot to 'D' forming R. Walking stance while executing M.S. punch with R. fist.
7. Move R. foot to 'C' forming R. Walking stance while executing L.S. block with R. forearm.
8. Move L. foot to 'C' forming L. Walking stance while executing M.S. punch with L. fist.
9. Move L. foot to 'A' forming R."L" stance while executing M.S. block with L.I. forearm.
10. Move R. foot to 'A' forming R. Walking stance while executing M.S. punch with R. fist.
11. Move R. foot to 'B' forming L."L" stance while executing M.S. block with R.I. forearm.
12. Move L. foot to 'B' forming L. Walking stance while executing M.S. punch with L. fist.
13. Move L. foot to 'C' forming R."L" stance while executing M.S. block with L.I. forearm.
14. Move R. foot to 'C' forming R.Walking stance while executing M.S. punch with R. fist.
15. Move R. foot to 'D' forming L."L" stance while executing M.S. block with R.I. forearm.
16. Move L. foot to 'D' forming L. Walking stance while executing M.S. punch with L. fist.
17. Move R. foot to 'D' forming R. Walking stance while executing M.S. punch with R. fist.
18. Move R. foot to 'C' forming L. Walking stance while executing M.S. punch with L. fist.
19. Move L. foot to 'C' forming R. Walking stance while executing M.S. punch with R. fist.

End: Bring L. foot back to ready stance.

* M.S. block = mid-section block.

TAN-GUN PATTERN

Diagram: I

21 movements

P.R. stance

1. Move L. foot to 'B' forming R.B. stance at the same time execute M.S. guarding block with knife-hand.
2. Move R. foot to 'B' forming R.F. stance while executing H.S. punch with R. fist.
3. Move R. foot to 'A' forming L.B. stance at the same time execute M.S. guarding block with knife-hand.
4. Move L. foot to 'A' forming L.F. stance at the same time execute H.S. punch with L. fist.
5. Move L. foot to 'D' forming L.F. stance while executing L.S. block with L. forearm.
6. Move R. foot to 'D' forming R.F. stance while executing H.S. punch with R. fist.
7. Move L. foot to 'D' forming L.F. stance while executing H.S. punch with L. fist.
8. Move R. foot to 'D' forming R.F. stance while executing H.S. punch with R. fist.
9. Move L. foot to 'E' forming R.B. stance at the same time execute twin forearm block.
10. Move R. foot to 'E' forming R.F. stance at the same time execute H.S. punch with R. fist.
11. Move R. foot to 'F' forming L.B. stance while executing twin forearm block.
12. Move L. foot to 'F' forming L.F. stance at the same time execute H.S. punch with L. fist.
13. Move L. foot to 'C' forming L.F. stance while executing L.S. block with L. forearm.
14. Execute rising block with L. forearm.
- *Perform 13 and 14 in a fast motion.
15. Move R. foot to 'C' forming R.F. stance while executing rising block with R. forearm.
16. Move L. foot to 'C' forming L.F. stance while executing rising block with L. forearm.
17. Move R. foot to 'C' forming R.F. stance while executing rising block with R. forearm.
18. Move L. foot to 'B' forming R.B. stance at the same time execute M.S. strike with L. knife-hand.
19. Move R. foot to 'B' forming R.F. stance while executing H.S. punch with R. fist.

20. Move R. foot to 'A' forming L.B. stance at the same time execute M.S. strike with R. knife-hand.

21. Move L. foot to 'A' forming L.F. stance while executing H.S. punch with L. fist.

End. Bring L. foot back to ready stance.

M.S. strike = mid-section strike
H.S. punch = high-section punch

TO-SAN PATTERN

Diagram:

24 movements

P.R. stance

1. Move L. foot to 'B' forming L.F. stance while executing H.S. block with L.O. forearm.
2. Execute M.S. punch with R. fist.
3. Move L. foot on line 'AB' forming R.F. stance toward 'A' while executing H. S. block with R.O. forearm.
4. Execute M.S. punch with L. fist.
5. Move L. foot to 'D' forming R.B. stance while executing M.S. guarding block with knife-hand
6. Move R. foot to 'D' forming R.F. stance while thrusting with R.S.S. finger.
7. Move L. foot to 'D' turning counter-clockwise to form L.F. stance and execute H.S. side strike with L. back fist.
8. Move R. foot to 'D' forming R.F. stance while executing H.S. side strike with R. back fist.
9. Move L. foot to 'E' forming L.F. stance while executing H.S. block with L.O. forearm.
10. Execute M.S. punch with R. fist.
11. Move L. foot on line 'EF' forming R.F. stance toward 'F' while executing H.S. block with R.O. forearm.
12. Execute M.S. punch with L. fist.
13. Move L. foot to 'CE' forming LF. stance at the same time execute H.S. wedging block with other forearm.
14. Execute M.S. front snap kick with R foot keeping the position of hands as they were in 13.
15. Lower R. foot to 'CE' forming R.F. stance while executing M.S. punch with R. fist.
16. Execute M.S. punch with L. fist.
- * Perform 15 & 16 in a fast motion.
17. Move R. foot to 'CF' forming R.F. stance at the same time execute H.S. wedging block with outer forearm.
18. Execute M.S. front snap kick with L. foot keeping both hands as they were in 17.

19. Lower L. foot to 'CF' forming L.F. stance while executing M.S. punch with L. fist.
 20. Execute M.S. punch with R. fist.
* Perform 19 & 20 in a fast motion.
 21. Move L.foot to 'C' forming L.F. stance at the same time execute rising block with L. forearm.
 22. Move R. foot to 'C' forming R.F. stance at the same time execute rising block with R. forearm.
 23. Move L. foot to 'B' forming R. stance toward 'D' at the same time execute M.S. side strike with L. knife-hand.
 24. Bring L. foot to R. foot and then move R. foot to 'A' forming R. stance at the same time execute M.S. side strike with R. knife hand.
- End. Bring R. foot back to ready stance.

R.O. forearm = right outer forearm

L.O. forearm = left outer forearm

WŎN-HYO PATTERN

Diagram: I

28 movements

C.R. stance 'A'

1. Move L foot to 'B' forming R.B. stance at the same time execute twin forearm block.
2. Execute H.S. inward strike with R. knife-hand while bringing L.H. fist in front of R. shoulder.
3. Execute M. S. punch to 'B' with L. fist while forming F. X-stance.
4. Bring L. foot to R. foot and then move R. foot to 'A' forming L.B. stance while executing twin forearm block.
5. Execute H.S. inward strike with L. knife-hand while bringing R.H. fist in front of L. shoulder.
6. Execute M. S. punch to 'A' with R. fist while forming F. X-stance.
7. Bring R. foot to L. foot and then bring L. fist on R. fist while pulling L. foot to R. knee joint.
8. Execute M.S. side thrusting kick to 'D' with L. foot.
9. Lower L. foot to 'D' forming R.B. stance while executing M.S. guarding block with knife-hand.
10. Move R. foot to 'D' forming L.B. stance while executing M.S. guarding block with knife-hand.
11. Move L. foot to 'D' forming R.B. stance while executing M.S. guarding block with knife-hand.
12. Move R. foot to 'D' forming R.F. stance at the same time thrust with R.S.S. finger.
13. Move L. foot to 'E' forming R.B. stance at the same time execute twin forearm block.
14. Execute H.S. inward strike with R. knife-hand while bringing L.H. fist in front of R. shoulder.
15. Execute M. S. punch with L. fist while forming F. X-stance.
16. Bring L. foot to R. foot and then move R. foot to 'F' forming L.B. stance while executing twin forearm block.
17. Execute H.S. inward strike with L. knife-hand while bringing R.H. fist in front of L. shoulder.

18. Execute M.S. punch with R. fist while forming F. X-stance.
 19. Bring R. foot to L. foot and then move L. foot to 'C' forming L.F. stance while executing circular block with RI. forearm.
 20. Execute L.S. front snap kick with R. foot keeping the position of hands as they were in 19.
 21. Lower R. foot to 'C' forming RF. stance at the same time execute M.S. punch with L. fist.
 22. Execute circular block with L.I. forearm.
 23. Execute L.S. front snap kick with L. foot keeping the position of hands as they were in 22.
 24. Lower L. foot to 'C' forming L.F. stance at the same time execute M.S. punch with R. fist.
 25. Bring R. fist on L. fist while pulling R. foot to L. knee joint.
 26. Execute M.S. side thrusting kick to 'C' with R. foot.
 27. Lower R. foot to 'C' and then move L. foot to 'B' forming R.B. stance while executing M.S. guarding block with forearm.
 28. Bring L. foot to R. foot and then move R. foot to 'A' forming L.B. stance while executing M.S. guarding block with forearm.
- End. Bring R. foot back to ready stance.

YUL-KOK PATTERN

Diagram:
38 movements
P.R. stance

1. Move L. foot to 'B' forming R. stance while extending L. fist to 'D'.
2. Execute M.S. punch with R. fist.
3. Execute M.S. punch with L. fist.
4. Bring L. foot to R. foot and then move R. foot to 'A' forming R. stance while extending R. fist to 'D'.
5. Execute M.S. punch with L. fist.
6. Execute M.S. punch with R. fist.
* Perform 5 & 6 in a fast motion.
7. Move R. foot to 'AD' forming R.F. stance while executing H.S. block with R.I. forearm.
8. Execute L.S. front snap kick with L. foot keeping the position of hands as they were in 7.
9. Lower L. foot to 'AD' forming L.F. stance at the same time execute M.S. punch with L. fist.
10. Execute M.S. punch with R. fist.
* Perform 9 & 10 in a fast motion.
11. Move L. foot to 'BD' forming L.F. stance at the same time execute H.S. block with L.I. forearm.
12. Execute L.S. front snap kick with R. foot keeping the position of hands as they were in 11.
13. Lower R. foot to 'BD' forming R.F. stance while executing M.S. punch with R. fist.
14. Execute M.S. punch with L. fist.
* Perform 13 & 14 in a fast motion.
15. Move R. foot to 'D' forming R.F. stance at the same time execute H.S. hooking block with R. knife-hand.
16. Execute H.S. hooking block with L. knife-hand.
17. Execute M.S. punch with R. fist.
* Perform 16 & 17 in a fast motion.

18. Move L. foot to 'D' forming L.F. stance at the same time execute H.S. hooking block with L. knife-hand.
19. Execute H.S. hooking block with R. knife-hand.
20. Execute M.S. punch with L. fist.
* Perform 19 & 20 in a fast motion.
21. Move R. foot to 'D' forming R.F. stance while executing M.S. punch with R. fist.
22. Bring L. fist on R. fist while pulling L. foot to R. knee joint.
23. Execute M.S. side thrusting kick to 'D' with L. foot.
24. Lower L. foot to 'D' forming L.F. stance while striking L. palm with R. front elbow.
25. Bring R. fist on L. fist while pulling R. foot to L. knee and turn the face to 'C'.
26. Execute M.S. side thrusting kick to 'C' with R. foot.
27. Lower R. foot to 'C' forming R.F. stance while striking R. palm with L. front elbow.
28. Move L. foot to 'E' forming R.B. stance while executing twin knife-hand block.
29. Move R. foot to 'E' forming R.F. stance while thrusting with R.S.S. finger.
30. Move R. foot to 'F' forming L.B. stance while executing twin knife-hand block.
31. Move L. foot to 'F' forming L.F. stance while thrusting with L.S.S. finger.
32. Move L. foot to 'C' forming L.F. stance at the same time execute H.S. side block with L.O. forearm.
33. Execute M.S. punch with R. fist.
34. Move R. foot to 'C' forming R.F. stance at the same time execute H.S. side block with R.O. forearm.
35. Execute M.S. punch with L. fist.
36. Jump to 'C' forming L. X-stance while executing H.S. side strike with L. back fist.
37. Move R. foot to 'A' forming R.F. stance at the same time execute H.S. block with R.D. forearm.

38. Bring R. foot to L. foot and then move L. foot to 'B' forming L.F. stance at the same time execute H.S. block with L.D. forearm.

End. Bring L. foot back to ready stance.

CHUNG-GUN PATTERN

Diagram: I

32 movements

C.R. stance 'B'

1. Move L.foot to 'B' forming R.B. stance while executing M.S. side block with L.R knife-hand.
 2. Execute L.S. front snap kick to 'B' with L. foot keeping both hands as they were in 1.
 3. Lower L. foot to 'B' and then move R. foot to 'B' forming R. Rr. ft. stance while executing upward block with R. palm fist.
 4. Move R. foot to 'A' forming L.B. stance while executing M.S. side block with R.R. knife-hand.
 5. Execute L.S. front snap kick to 'A' with R. foot keeping both hands as they were in 4.
 6. Lower R. foot to 'A' and then move L. foot to 'A' forming R. Rr. ft stance while executing upward block with L. palm fist.
 7. Move L. foot to 'D' forming R.B. stance while executing M.S. guarding block with knife-hand.
 8. Execute H.S. strike with R. upper elbow while forming L.F. stance toward 'D'.
 9. Move R. foot to 'D' forming L.B. stance while executing M.S. guarding block with knife-hand.
 10. Execute H.S. strike with L. upper elbow while forming R.F. stance toward 'D'.
 11. Move L. foot to 'D' forming L.F. stance while executing H.S. vertical punch with twin fist.
 12. Move R. foot to 'D' forming R.F. stance while executing upset punch with twin fist.
 13. Move R. foot on line 'CD' forming L.F. stance toward 'C' while executing rising block with X-fist.
 14. Move L. foot to 'E' forming R.B. stance while executing M.S. side strike with L. back fist.
 15. Slip L. foot to 'E' forming L.F. stance while pulling inward and twisting L. forearm until its palm faces upward.
- * Perform 14 & 15 in a fast motion.
16. Execute H.S. punch with R. fist.

17. Bring L. foot to R. foot and then move R. foot to 'F' forming L.B. stance while executing M.S. side strike with R. back fist.
 18. Slip R. foot to 'F' forming R.F. stance while pulling inward and twisting R. forearm until its palm faces upward.
* Perform 17 & 18 in a fast motion.
* 15 & 18 are releasing motion.
 19. Execute H.S. punch with L. fist.
 20. Bring R. foot to L. foot and then move L. foot to 'C' forming L.F. stance while executing H. S. block with L.D. forearm.
 21. Execute M.S. punch with L. fist while forming R.B. stance pulling L. foot.
 22. Execute M.S. side thrusting kick to 'C' with R. foot.
 23. Lower R. foot to 'C' forming R.F. stance while executing H.S. block with R.D. forearm.
 24. Execute M.S. punch with R. fist while forming L.B. stance pulling R. foot.
 25. Execute M S. side thrusting kick to 'C' with L. foot.
 26. Lower L. foot to 'C' forming R.B. stance while executing M.S. guarding block with forearm.
 27. Execute pressing block with R. palm fist while forming L. F. low stance slipping L. foot.
 28. Move R. foot to 'C' forming L.B. stance while executing M.S. guarding block with forearm.
 29. Execute pressing block with L. palm fist while forming R.F. low stance slipping R. foot.
 30. Bring L. foot to R. foot forming C. stance toward 'A' while bringing R fist in front of L. chest horizontally.
* Perform in a slow motion.
 31. Move R. foot to 'A' forming F. X-stance while executing U-shape block.
 32. Bring R. foot to L. foot and then move L. foot to 'B' forming F. X stance while executing U-shape block.
- End. Bring L. foot back to ready stance.

T'OL-GYE PATTERN

Diagram: I

37 movements

C.R. stance 'B'

1. Move L. foot to 'B' forming R.B. stance at the same time execute M.S. side block with L.I. forearm.
2. Execute L. S. thrust with R.F.S. finger while forming L. F. stance toward 'B' slipping L. foot.
3. Bring L. foot to R. foot forming C. stance toward 'D' while executing H.S. block with R.O. forearm and L.S. block with L. forearm.
4. Move R. foot to 'A' forming L.B. stance while executing M.S. side block with R.I. forearm.
5. Execute L.S. thrust with L.F.S. finger while forming R.F. stance toward 'A' slipping R. foot.
6. Bring R. foot to L. foot forming C. stance toward 'D' while executing H.S. block with L.O. forearm and L.S. block with R. forearm.
- * Perform 3 & 6 in a slow motion.
7. Move L. foot to 'D' forming L.F. stance at the same time execute pressing block with X-fist.
8. Execute H S. vertical punch with twin fist.
- * Perform 7 & 8 in a fast motion.
9. Execute M.S. front snap kick with R. foot keeping both hands as they were in 8.
10. Lower R. foot to 'D' forming R.F. stance while executing M.S. punch with R. fist.
11. Execute M.S. punch with L. fist.
- * Perform 10 & 11 in a fast motion.
12. Bring L. foot to R. foot forming C. stance toward 'F' while bringing both fists to the hips respectively.
- * Perform in a slow motion.
13. Move R. foot to 'F' in a stamping motion forming R. stance toward 'C' while executing W-shape block with forearm.
14. Move L. foot to 'F' in a stamping motion turning clockwise to form R. stance toward 'D' while executing W-shape block with forearm.
15. Move L. foot to 'E' in a stamping motion turning clockwise to form R. stance toward 'C'

while executing W-shape block with forearm.

16. Move R. foot to 'E' in a stamping motion turning counter-clockwise to form R. stance toward 'D' at the same time execute W-shape block with forearm.
17. Move L. foot to 'E' in a stamping motion turning clockwise to form R. stance toward 'C' while executing W-shape block with forearm.
18. Move L. foot to 'F' in a stamping motion turning clockwise to form R. stance toward 'D' while executing W-shape block with forearm.
19. Bring R. foot to L. foot and then move L. foot to 'D' forming R.B. stance at the same time execute L.S. pushing block with L.D. forearm.
20. Extend both hands upward as if to grab opponent's head while forming L.F. stance slipping L. foot.
21. Kick upward with R. knee while pulling both hands downward.
22. Lower R. foot to L. foot and then move L. foot to 'C' forming R.B. stance while executing M.S. guarding block with knife-hand.
23. Execute L.S. front snap kick with L. foot keeping both hands as they were in 22.
24. Lower L. foot to 'C' forming L.F. stance while executing H.S. thrust with L.F.S. finger.
25. Move R. foot to 'C' forming L.B. stance at the same time execute M.S. guarding block with knife-hand.
26. Execute L.S. front snap kick with R. foot keeping both hands as they were in 25.
27. Lower R. foot to 'C' forming R.F. stance at the same time execute H.S. thrust with R.F.S. finger.
28. Move R. foot to 'D' forming R.B. stance while executing H.S. strike to 'D' with R. back fist and L.S. block with L. forearm.
29. Jump to 'C' forming R. X-stance at the same time execute pressing block with X-fist.
* Keep the body toward 'A' at the moment of block.
30. Move R. foot to 'C' forming R.F. stance while executing H.S. block with R.D. forearm.
31. Move L. foot to 'B' forming R.B. stance at the same time execute L.S. block with L. knife-hand.
32. Execute circular block with R.I. forearm while forming L.F. stance slipping L. foot.

33. Bring L. foot to R. foot and then move R. foot to 'A' forming L.B. stance at the same time execute L.S. block with R. knife-hand.

34. Execute circular block with L.I. forearm while forming R.F. stance slipping R. foot.

35. Execute circular block with R.I. forearm while forming L.F. stance.

36. Repeat 34.

37. Move R. foot on line 'AB' forming R. stance while executing M.S. punch with R. fist.

End. Bring R. foot back to ready stance.

HWA-RANG PATTERN

Diagram: I

29 movements

C.R. stance 'C'

1. Move L.foot to 'B' forming R. stance while executing M.S. pushing block with L. palm fist.
2. Execute M.S. punch with R. fist.
3. Execute M.S. punch with L. fist.
* Perform 2 & 3 in a fast motion
4. Execute twin forearm block while forming L.B. stance toward 'A'.
5. Execute M.S. block with L.O. forearm at the same time pull R. fist in front of L. shoulder.
* Keep R. back fist faced downward.
6. Execute M.S. punch with R. fist while forming F. X-stance.
7. Execute downward strike to 'A' with R. knife-hand while standing up pulling R. foot slightly toward L. foot.
8. Move L. foot to 'A' forming L.F. stance while executing M.S. punch with L. fist.
9. Move L. foot to 'D' forming L.F. stance at the same time execute L.S. block with L. forearm.
10. Move R. foot to 'D' forming R.F. stance while executing M.S. punch with R.fist.
11. Pull L. foot toward R. foot at the same time bring L. palm on R. forefist bending R. elbow slightly.
12. Execute M.S. side thrusting kick with R. foot while pulling both hands in the opposite direction and then lower R. foot to 'D' forming L.B. stance while executing M.S. side strike with R. knife-hand
13. Move L. foot to 'D' forming L.F. stance while executing M.S. punch with L. fist.
14. Move R. foot to 'D' forming R.F. stance while executing M.S. punch with R. fist.
15. Move L. foot to 'E' forming R.B. stance while executing M.S. guarding block with knife-hand.
16. Move R. foot to 'E' forming R.F. stance while thrusting with R.S.S. finger.

17. Move R. foot on line 'EF' forming R.B. stance toward 'F' while executing M. S. guarding block with knife-hand.
18. Execute H.S. turning kick with R. foot and lower it to 'F'.
19. Execute H.S. turning kick with L. foot and then lower it to 'F' forming R.B. stance while executing M.S. guarding block with knife-hand.
* Perform 18 & 19 in a fast motion
20. Move L. foot to 'C' forming L.F. stance while executing L.S. block with L. forearm.
21. Execute M. S. punch with R. fist while forming R.B. stance pulling L. foot.
22. Move R. foot to 'C' forming L.B. stance while executing M.S. punch with L. fist.
23. Move L. foot to 'C' forming R.B. stance while executing M.S. punch with R. fist.
24. Execute pressing block with X-fist while forming L.F. stance slipping L. foot.
25. Move R. foot to 'C' in a sliding motion forming R.B. stance while thrusting to 'C' with R. side elbow.
26. Bring L. foot to R. foot turning counter clockwise to form C. stance toward 'B' while executing M.S. block with R.I. forearm and L.S. block with L. forearm.
27. Change the position of hands.
28. Move L. foot to 'B' forming R.B. stance while executing M.S. guarding block with knife-hand.
29. Bring L. foot to R. foot and then move R. foot to 'A' forming L.B. stance while executing M.S. guarding block with knife hand.

End. Bring R. foot back to ready stance.

CH'UNG-MU PATTERN

Diagram: I

30 movements

P.R. stance

1. Move L. foot to 'B' forming R.B. stance while executing twin knife hand block.
 2. Move R. foot to 'B' forming R.F. stance while executing H.S. front strike with R. knife-hand and bring L. back hand in front of forehead.
 3. Move R. foot to 'A' forming L.B. stance at the same time execute M.S. guarding block with knife-hand.
 4. Move L. foot to 'A' forming L.F. stance at the same time execute H.S. thrust with L.F.S. finger.
 5. Move L. foot to 'D' forming R.B. stance at the same time execute M.S. guarding block with knife-hand.
 6. Bring R. fist on L. fist while pulling R. foot to L. knee joint.
 7. Execute M.S. side thrusting kick to 'C' with R. foot.
 8. Lower R. foot to 'C' forming R.B. stance toward 'D' while executing M.S. guarding block with knife-hand.
 9. Execute flying side kick to 'D' with R. foot in double motion and then land to 'D' forming L.B. stance while executing M.S. guarding block with knife-hand.
 10. Move L. foot to 'E' forming R.B. stance at the same time execute L.S. block with L. forearm.
 11. Extend both hands upward while forming L.F. stance slipping L. foot.
 12. Kick upward with R. knee while pulling both hands downward.
 13. Lower R. foot to L. foot and then move L. foot to 'F' forming L.F. stance at the same time execute H.S. front strike with R.R. knife-hand and bring L. back hand under R. elbow joint.
 14. Execute H.S. turning kick with R. foot and then lower it to L. foot.
 15. Execute M.S. back thrusting kick to 'F' with L. foot.
- * Perform 14 & 15 in a fast motion.
16. Lower L. foot to 'F' forming L.B. stance at the same time execute M.S. guarding block with forearm.

17. Execute M.S. turning kick with L. foot.
 18. Lower L. foot to R. foot and then move R. foot to 'C' forming F. X-stance toward 'C' while executing U-shape block.
 19. Jump and turn around counter-clockwise landing on the same spot to form L.B. stance toward 'C' while executing M.S. guarding block with knife-hand.
 20. Move L. foot to 'C' forming L.F. stance at the same time execute L.S. thrust with R.F.S. finger.
 21. Execute H.S. strike with R. back fist and L.S. block with L. forearm while forming R.B. stance pulling L. foot.
 22. Move R. foot to 'C' forming R.F. stance while thrusting with R.S.S. finger.
 23. Move L. foot to 'B' forming L. F. stance at the same time execute H.S. block with L.D. forearm.
 24. Move R. foot to 'B' forming R. stance toward 'C' while executing M.S. front block with R. O. forearm and then H.S. side strike with R. back fist.
 25. Execute M.S. side thrusting kick to 'A' with R. foot and lower it to 'A'.
 26. Execute M.S. side thrusting kick to 'A' with L. foot.
 27. Lower L. foot to 'A' forming L.B. stance toward 'B' while executing M.S. block with X-knife-hand.
 28. Move L. foot to 'B' forming L.F. stance at the same time execute upward block with both palm fists.
 29. Move L. foot on line 'AB' and then execute rising block with R. forearm while forming R.F. stance toward 'A'.
 30. Execute M.S. punch with L. fist.
- End. Bring L. foot back to ready stance.

