

Do San

1. Move your left fist to your right ear and your right arm across your body. Look left and turn 90 degrees to the left, landing in a front stance and do a Forearm Block.
2. Without stepping, do a right Reverse Punch.
3. Move the right fist to the left ear and your left arm across your body. Look right and move your front foot back to the right foot turning 90 degrees. Continue swinging to the right and turn 90 degrees more to the right, landing in a front stance. Do a right Forearm Block.
4. Without stepping, do a left Reverse Punch.
5. Move your left foot to the right in front of your right foot, landing in an L Shaped Stance. Shift into a Back Stance and do a Knifehand Guarding Block.
6. Step forward into a Front Stance and do pressing block with your left hand followed by a right Spearhand Strike.
6. Using the balls of your feet, pivot 90 degrees to the left into a Front Stance and drive down with your right hand, as though breaking loose from someone holding onto your right wrist, while at the same time chambering the left arm.
7. Raise the left fist to your right ear and place your other arm across your chest. Look left and swing 270 degrees to the left, landing in a Front Stance and do a Backfist Strike. This is called a Spinning Backfist.
8. Raise your right fist and step forward into a Front Stance and do a Backfist strike.
9. Raise your left fist to your right ear and move your right arm across your body and look left. Swing 270 degrees to the left landing in a Front Stance and do a left Forearm Block.
10. Do a right Reverse Punch.
11. Move your right fist to your left ear, look right and move your front foot back to your right foot, turning 90 degrees. Continue looking right and turn an additional 90 degrees, landing in a Front Stance and do a right Forearm Block.
12. Do a left Reverse Punch.
13. Look left and raise both arms, hands in fists, arms in an X. Lift up your left leg and turn 270 degrees to the left, landing in a 45 degree Front Stance. After landing, do a Wedging Block.
14. Keeping the arms in place, execute a Reverse Front Kick. As your right leg comes back to a chamber position, draw your right fist back to a chambered position, leaving the left arm extended. Land in a 45 degree Front Stance.
- 15 – 16. Do two Middle Punches, starting with the right fist.
17. Look right, raise and cross both arms in an X, hands as fists. Lift your front foot and turn 90 degrees to the right, landing in a 45 degree Front Stance. After landing, do a Wedging Block.
18. Keeping hands in place, do a left Reverse Front Kick.
- 19 – 20. As you draw your left leg back to chamber, pull the left arm back to chamber. Land in a 45 degree Front Stance. Do two Middle Punches.
21. Put your left fist on top of right, and look left. Turn 45 degrees to the left, landing in a Front Stance and do a left Rising Block.
22. Step forward to a Front Stance and do another right Rising Block.
23. Lower your right arm and raise a left Knifehand over your right shoulder. Look left and turn

270 degrees into a horse stance and do a left Knifehand Strike.

24. Look right and step in with your left foot toward your right foot. Step out with the right foot into a Horse Stance and do a right Knifehand Strike. Keep looking at your Knifehand until the command "Baro."

Bring your right foot to June Bi. Bring your left foot to Charyet.

Diagram  One stair step up and to the right. 24 Moves