

EUI AM

Ready Stance. Bow and then as you Kiap, bring the feet together and arms out slightly higher.

1. Move the right foot back to a Front Stance and do a Low Inward Block with the Right Knifehand while pulling the left fist to the right shoulder.
2. Step back with the left foot to a Front Stance and do a High Forearm Block with the left arm.
3. Right Middle Punch.
4. Using the left foot, do a Low Reverse Twisting Kick.
5. Lower the left foot to a Front Stance and do a Downward Block with an X Fist (Crossing Low Block).
6. Knifehand Rising Block with the right hand.
7. Jump forward to an X Stance, while putting the inside of your fingertips on the bottom of a right hand Backfist and, after landing, do a High Backfist Strike.
8. Move the left foot to an L Stance and turn your head 180 degrees to the left so that you face backwards and do a Middle Punch with the left fist (Fixed Stance, Middle Punch) .
9. Spinning Hook Kick with the right foot, striking at a 45 degrees angle.
10. Lower the right foot in a Stomping motion to a Horse Stance and do a Middle Side Strike with the right Knifehand.
11. Reverse Sidekick with the left foot while turning clockwise, pulling both hands toward you.
12. Lower the left foot to a Front Stance, and execute a High Crescent Punch (Turning Punch) with the right fist.
13. Step up with the back foot to June Bi and do a Middle Turning Punch with the left hand, done slowly.
14. Move the left foot back to a Front Stance and do a Low Inward Block with the left Knifehand while drawing the right fist to the shoulder.
15. Move the right foot back to another Front Stance and do a High Forearm Block, right arm.
16. Middle Punch, left fist.
17. Low Reverse Twisting Kick with the right foot, keeping hands in place.
18. Lower the right foot to a Front Stance and do a Crossing Low Block.
19. Knifehand Rising Block, left hand.
20. Jump forward, forming an X Stance. Place the inside of your right fingers on the bottom of your Left Backfist and after landing do a Left Backfist Strike.
21. Move the right foot back to form an L Stance, while turning your head 180 degrees. Do a middle punch with the right fist (Fixed Stance, Middle Punch).
22. Spinning Hook Kick with the left foot, aiming at 45 Degrees
23. Lower the left foot to a Horse Stance in a Stomping motion and do a Middle Side Strike with a Left Knifehand.
24. Reverse Side Kick with the right foot, while turning clockwise and pulling the hands inward.
25. Lower the right foot to a Front Stance while doing a High Crescent Punch (Turning Punch) with the left fist.
26. Step forward with the back foot into June Bi and do a Middle Turning Punch with the right fist.
27. Move the right foot forward to a Front Stance, and do a Knifehand Wedging Block.

28. Circular Block with a Left Ridgehand.
29. Pull the right foot back into a Cat Stance and do a Downward Block with both palms (Twin Pressing Block).
30. Slide the right foot forward to an L Stance, Reverse Middle Punch with the left fist.
31. Step back with your front foot (right foot) until it touches your back foot, then move the back foot (Left Foot) farther back to an L Stance and do a Low Ridgehand Inward Block with the right hand, while drawing the left fist to the shoulder.
32. Move the left foot forward to a Front Stance, and do a Knifehand Wedging Block.
33. Circular Block with a Right Ridgehand.
34. Pulling the left foot to a Cat Stance and press down with both palms (Twin Pressing Block).
35. Slip the left foot forward to an L Stance, and do a Reverse Middle Punch with the right fist.
36. Step back with left foot until it touches your back foot, then step back with your back foot (right foot) into a Back Stance and do a Low Inward Block with a Left Ridgehand, while pulling the right fist to the shoulder.
37. Use the right foot and do a Spinning Hook Kick, midlevel , at a 45 degree angle.
38. Lower the right foot to a Cat Stance and do a Middle Guarding Block.
39. Using the left foot, do a Midlevel Spinning Hook Kick at a 45 degree.
40. Lower the foot to a Cat Stance and do a Middle Guarding Block.
41. Step back with the right foot into a Back Stance and do a low left hand Knifehand Block while drawing your back fist onto a chamber behind you.
42. Move your back foot (right foot) to the right into a Front Stance and do a Middle Reverse Punch.
43. Step back with your left foot to another Back Stance and do a Low Right Knifehand Block.
44. Move your back foot (left foot) to the left into a Front Stance and do a Left Middle Reverse Punch.
45. Right High Punch. Do the last two punches one after the other without pausing.

Kiap and say "Eui Am"

Baro: Bring the right foot back to the starting position with arms out and feet together and then lower arms and move feet to June Bi.

Diagram I 45 moves