

KO DANG

Close Ready Stance C

1. Move the right foot back to a 45 Degree Horse Stance, Middle Pushing Block with the left palm.
2. Middle punch with the left fist.
3. Move the right foot back to a Fixed Stance and do a middle Guarding Block.
4. Low Block with the right forearm and Middle Block Outward with the left inner forearm done simultaneously.
5. Move the left foot around and back to form a 45 degree Horse Stance, facing the left, Middle Pushing Block with the right palm.
6. Middle Punch with the left fist
7. Move the left foot back to form a Fixed Stance and do a Guarding Block, mid level.
8. Low Block with the left forearm and a Middle Block Ouward with the right inner forearm, done simultaneously.
9. Look back over your right shoulder and as you bend forward, cross both fists in front of you and raise them to your shoulders (Bending Ready Stance). Do a Twin Low Block.
10. Back Kick with the right foot.
11. Lower the kicking foot to an L Stance and do a Knifehand block with the left hand.
12. Look over your left shoulder and bend forward, raising both fists to your shoulder (Bending Ready Stance). Do a Twin Low Block.
13. Back Kick with the left foot.
14. Lower the kicking foot to form a Fixed Stance and do a Knifehand Block with the right hand.
15. Move the right foot back 180 degrees to an L Stance and do a downward strike with the left elbow.
16. Move the left foot back 180 degrees to an L Stance and do a downward strike with the right elbow.
17. Move the left foot forward to a Front Stance and do a Twin Pressing Block, done slowly.
18. Move the right foot forward to a Front Stance and do a Twin Pressing Block, down slowly.
19. Move the right foot back to an L Stance while doing a Downward Block with the left outer forearm.
20. Move the right foot forward to an L Stance and do a Downward Block with the right outer forearm.
21. Move the left foot forward to a Cat Stance and do an Upward Block (Scooping Block) using the left palm heel.
22. Move the right foot forward to a Cat Stance and do an Upward Block (Scooping Block) with the right palm heel.
23. Move the right foot back to a Cat Stance, and do a Middle Front Snap Kick with the left foot, keeping the hands in place.
24. Lower the kicking foot to a Front Stance and do a Twin Knifehand Strike.
25. Left Knifehand Rising Block.
26. Move the left foot to an L Stance and do a Low Knifehand Guarding Block.
27. Move the left foot back to a Front Stance and do a Downward Punch.
28. Move the left foot to the side rear of the right foot and then slide back to an L Stance, and do a Knifehand Guarding Block.
29. Jump straight up to avoid a sweep to the legs and land on the same spot in an L Stance and

immediately do a Knifehand Guarding Block.

30. Jump forward to form a right X Stance, and do a High Side Strike with a Backfist.

31. Move the left foot back, while turning 180 degrees to form a Front Stance. Execute a High Side Block with the left outer forearm (High Forearm Block) .

32. Move the left foot back and turn 180 degrees and do a High Side Block with the right outer forearm (High Forearm Block).

33. Move the left foot forward to form an L Stance, and do an Upset Punch with the right fist, while bringing the left fist to the right shoulder. Place the side of the fist on the shoulder.

34. Turn 90 degrees right and do a Middle Outside Crescent Kick with the right foot.

35. Lower the right foot to an L Stance and do a High Crossing Cut with the right flat fingertip.

36. Bring the right foot to the left foot and do a Middle Outside Crescent Kick with the left foot.

37. Lower the left foot to an L Stance and do a High Crossing Cut with the left flat fingertip.

38. Bring the left foot to the right foot and then move the right foot to the right to form an L Stance, do a Knifehand Guarding Block.

39. Bring the right foot to the left and then move the left foot to the left to form an L Stance and do another Knifehand Guarding Block.

BARO: Bring the left foot back to a Ready Stance.

Diagram: T

39 Moves