

Yoo-Sin Hyung

Ready Position Warrior Ready Stance B Step out with left foot and hold right hand in an open position like a palm heel with the right hand in a vertical position, thumb up with the left fist touching your right palm. The fist has the palm facing you.

1. Move the left foot to a Horse Stance while extending both elbows to the sides, horizontally. The hands are in a Knifehand position, fingertips almost touching.
2. Quickly slide to the right. When you land in a Horse Stance, punch with left fist over the right shoulder (angle punch), while elbowing with your right arm in a backward motion. Do all this quickly.
3. In a quick motion, slide to the left, landing in a Horse Stance. Punch over your left shoulder with the right fist while driving your left elbow back. Do 2 and 3 in a fast motion.
4. Lift up on the balls of your feet, while raising your right hand in a palm heel position. Land in a Horse Stance and press down with the right palm.
5. Middle Punch with the left fist. 4 and 5 done in a continuous motion.
6. Rise up on the balls of your feet as you lift your left hand in a palm heel position. Land and press down (Pressing Block).
7. In a Horse Stance, do a Right Middle Punch 6 and 7 done in a continuous motion.
8. Move the left foot to the right foot and step forward to a 45 degree Front Stance. Do a Left Forearm Block.
9. Do a Right Reverse Circular Block.
10. Pivot left to a 45 degree Horse Stance and do a left Scooping Block.
11. Do a Right Middle Punch. 10 and 11 are done in a connected motion.
12. Bring the left foot to the right foot and move the right foot to a 45 degree Front Stance. Do a Right Forearm Block.
13. Do a left Reverse Circular Block.
14. Shift your feet into a Horse Stance, facing left and do a Scooping Block with the right hand.
15. Do a Left Middle Punch. 14 and 15 are done in a connected motion.
16. Twist left to a Front Stance and do a Right Pressing Block.
17. Return to a Sitting Stance and do a Left Middle Punch.
18. Twist right landing in a Front Stance and do a Left Pressing Block.
19. Shift to a Horse Stance and do a Right Middle Punch. 16, 17, 18, 19 are all done in a continuous motion.
20. Move the right foot back to a Front Stance and do a Reverse Crossing Low Block with the right hand on top.
21. Do a Reverse Knifehand Crossing High Block (right hand on top). Do 20 and 21 in a continuous motion.
22. As you lower your hands, leave the left hand palm down and chamber the right fist. Execute a Right Middle Punch, sliding the punch under the hand and stop with your elbow under your palm.
23. Keeping your hands in place, execute a Reverse Low Front Snap Kick with the right foot.
24. Lower your foot, landing in a Front Stance and do a Left Reverse Punch.
25. Do a Reverse Crossing Low Block (left hand on top).

26. Execute a Reverse Knifehand Crossing High Block (left hand on top). Do 25 and 26 in a continuous motion.
27. As you drop your hands, leave the right hand palm up, and chamber the left fist. Do a Left Middle Punch, sliding the left arm under the right palm, stopping with your elbow under the palm.
28. Keeping your hands in place, execute a Left Reverse Snapping Front Kick.
29. Land in a Front Stance and do a Right Reverse Middle Punch.
30. Step forward to a Back Stance and do a Knifehand Guarding Block.
31. Step forward to a Back Stance and do a Knifehand Guarding Block.
32. Step back to a Back Stance and do a Knifehand Guarding Block.
33. Step back to a Back Stance and do a Knifehand Guarding Block.
34. Step forward to a Front Stance and do Right Double Forearm Block (Augmented Block).
35. While keeping the right blocking hand in place, do a Left Low Block. Do 34 and 35 in a fast motion.
36. Step forward to a Front Stance and do a Left Double Forearm Block (Augmented Block).
37. Keeping the left arm in place, do a Right Low Block. Perform 36 and 37 in a fast motion.
38. Step forward to a Front Stance and do a Right Middle Punch.
39. Bring the left foot to the right foot and step back with right foot as you turn to the left, landing in a Back Stance and do a Left Ridgehand Block.
40. Bring the right foot to the left foot in a Ready Stance, with open hands crossed in front of you.
41. Move the right foot forward at an angle, landing in a 45 Degree Front Stance. As soon as you land, do a Twin Upset Punch.
42. Bring the right foot to the left foot and then turn and step out with the left foot to a 45 degree Front Stance. As soon as you land, do a Twin Upset Punch.
43. Bring the left foot to the right foot and then move the right foot out into a Back Stance and do a Right Middle Block Outward.
44. Turning your body to the left, while maintaining your stance, and do a Left Middle Punch.
45. Bring the left foot to a Closed Stance and do a Right Angle Punch. Do this move slowly.
46. Move the left foot to a Back Stance and do a Left Middle Block Outward.
47. Maintaining the stance, do a Right Middle Punch.
48. Bring the right foot to the left foot to form a Closed Stance. Execute a left Angle Punch. Do the moves in slow motion.
49. Move the left foot forward to a left Fixed Stance and do a U Shaped Punch.
50. Bring the left foot to the right foot and then move the right foot forward to a Fixed Stance and do a U Shaped Punch.
51. Move the right foot right and land with a stomping motion in a Horse Stance and execute a Right Backfist.
52. Do a Waving Kick with the right foot and then, as you land, do a High Right Forearm Block, blocking to the right.
53. Do a Waving Kick with the left foot and then as you land in a Horse Stance, do a Right Forearm Block to the left.
54. Do a Right Horizontal Strike with the back of the hand while maintaining a Horse Stance.
55. Do Left Reverse Inside Crescent Kick to your right hand.
56. Without lowering your leg, execute a Side Kick with your left foot, while moving your arms to a

Guarding Block. Do 55 and 56 in a continuous motion.

57. Lower your foot to a Horse Stance and do a horizontal strike with the left hand.

58. Execute a Reverse Crescent Kick to the left palm with the right foot.

59. Without dropping your leg, do a Side Kick with the right foot while forming a Guarding Block. Do 58 and 59 in a continuous motion.

60. Land in a Horse Stance and do a Right Circle 9 Block.

61. Maintaining your Horse Stance, do a second Circle 9 Block.

62. Lift the left foot and turn 180 degrees to the left, landing in a Horse Stance. Execute a Circle 9 Block.

63. Without changing your stance, do a second Circle 9 Block.

64. Slide the left foot to the right foot and do a Hammerfist Strike to the right.

65. Step back with your right foot, landing in a Front Stance and do a High Twin Vertical Punch.

66. Pivot on your front foot as you lift your back foot and turn 180 degrees to the left, landing in another Front Stance. Do a High Twin Vertical Punch.

67. Bring the right foot to the left foot and turning left, step out with your left foot to a 45 degree Back Stance. Land and do a Knifehand Guarding Block.

68. Bring the left foot to the right foot and step out to the right and land in a 45 Degree Back Stance and do a Knifehand Guarding Block.

END: Bring the right foot back to Warrior Ready Stance B.