



1. Knife-Hand Middle Block
2. (1) Front Kick
(2) Middle Punch
3. Knife-Hand Middle Block
4. (1) Front Kick
(2) Middle Punch
5. Low Block
6. Left Knife-Hand High Block and Right Knife-Hand Strike
7. (1) Front Kick
(2) Back-Fist Strike in Cross Stance and Yell
8. Knife-Hand Low Block
9. Spread Middle Block (Palm Down)
10. (1) Front Kick
(2) Middle Punch
(3) Middle Punch
11. Knife-Hand Low Block
12. Spread Middle Block (Palm Down)
13. (1) Front Kick
(2) Middle Punch
(3) Middle Punch
14. Knife-Hand Middle Block
15. Left Knife-Hand High Block and Right Palm-Heel Strike
16. (1) Front Kick
(2) Back-Fist Strike and Yell
17. (1) Front Kick
(2) High Block
18. (1) Side Kick
(2) Knife-Hand Middle Block
19. Knife-Hand Middle Block