

## RED STRIPE STUDY SHEET

The minimum wait time is 6-Months for students at this belt level.

We recommend each student to train at least 2 time per week with a maximum of 4 times a week. The Promotion Testing to achieve the next level is comprised of three parts:

- A) The Written Test
- B) The Physical Test
- C) The Technical Test

**There is a fee of \$50 for this Promotion Test**

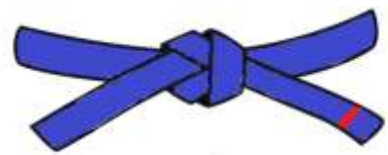
### PHYSICAL TEST REQUIREMENTS

- 10 minutes of running laps
- 10 minutes of skipping
- 45 push ups
- 45 sit ups
- 45 squats
- 25 Tuck Jumps
- 25 Speed Front Snap Kick (each leg)
- 25 Speed Turning Kicks (each leg)
- 25 Speed Side Piercing Kicks (each leg)
- 25 Speed Reverse Hooking Kicks (each leg)

### FUNDAMENTAL MOVEMENTS:

#### **Hand Movements:**

Parallel Stance Middle Punch	(learned at White Belt)
Walking Stance Middle Obverse & Reverse Punch	(learned at White Belt)
Walking Stance Low Forearm Block	(learned at White Belt)
Walking Stance Low Knife-hand Block	(learned at White Belt)
Walking Stance Middle Inner Forearm Block	(learned at White Belt)
Sitting Stance Middle Punch	(learned at Yellow Stripe)
L-Stance Middle Reverse Punch	(learned at Yellow Stripe)
L-Stance Middle Inner Forearm Block	(learned at Yellow Stripe)
L-Stance Middle Forearm Guarding Block	(learned at Yellow Stripe)
L-Stance Middle Knife-hand Guarding Block	(learned at Yellow Belt)
Walking Stance High Obverse & Reverse Punch	(learned at Yellow Belt)
L-Stance Twin Forearm Block	(learned at Yellow Belt)



## The Red Stripe

Walking Stance Outer Forearm Rising Block	(learned at Yellow Belt)
L-Stance Middle Knife-hand Side Strike	(learned at Yellow Belt)
Walking Stance High Outer Forearm Side Block	(learned at Green Stripe)
Walking Stance Middle Straight Fingertip Thrust	(learned at Green Stripe)
Walking Stance High Back-fist Side Strike	(learned at Green Stripe)
Walking Stance High Outer Forearm Wedging Block	(learned at Green Stripe)
L-Stance High Inward Knife-hand Strike	(learned at Green Belt)
Fixed Stance Middle Obverse Punch	(learned at Green Belt)
Walking Stance Middle Inner Forearm Circular Block	(learned at Green Belt)
Walking Stance Middle Hooking Block	(learned at Blue Stripe)
Walking Stance Middle Front Elbow Strike	(learned at Blue Stripe)
L-Stance Twin Knife-hand Block	(learned at Blue Stripe)
X-Stance High Back Fist Side Strike	(learned at Blue Stripe)
Walking Stance High Double Forearm Side Block	(learned at Blue Stripe)
L-Stance Middle Reverse Knife-hand Side Block	(learned at Blue Belt)
Rear Foot Stance Palm Upward Block	(learned at Blue Belt)
Walking Stance Upper Elbow Strike	(learned at Blue Belt)
Walking Stance Twin Fore-Fist Vertical & Upset Punch	(learned at Blue Belt)
Walking Stance X-Fist Rising Block	(learned at Blue Belt)
Low Stance Palm Pressing Block	(learned at Blue Belt)
Close Stance Angle Punch	(learned at Blue Belt)
Fixed Stance U-Shape Block	(learned at Blue Belt)
Walking Stance Low Upset Fingertip Thrust	(new at Red Stripe)
Close Stance Twin Side Elbow Thrust	(new at Red Stripe)
Sitting Stance Forearm W-Shape Block	(new at Red Stripe)
L-Stance Double Forearm Low Pushing Block	(new at Red Stripe)
Walking Stance High Front Grab	(new at Red Stripe)
Walking Stance High Flat Fingertip Thrust	(new at Red Stripe)
L-Stance Low Knife-hand Guarding Block	(new at Red Stripe)

### **Types of Motions:**

Continuous Motion	(learned at Yellow Belt)
Fast Motion	(learned at Green Stripe)
Connecting Motion	(learned at Blue Stripe)
Slow Motion	(learned at Blue Belt)

### **Foot Techniques:**

Front Rising Kick	(learned at White Belt)
Outward Crescent Kick	(learned at White Belt)
Inward Crescent Kick	(learned at White Belt)
Side Rising Kick	(learned at White Belt)
Front Snap Kick	(learned at White Belt)
Downward Kick	(learned at Yellow Stripe)
Turning Kick	(learned at Yellow Stripe)
Side Piercing Kick	(learned at Yellow Stripe)
Reverse Hooking Kick	(learned at Yellow Belt)
Jumping Front Snap Kick	(learned at Yellow Belt)
Back Piercing Kick (180 Back Piercing Kick)	(learned at Green Stripe)
Jumping Turning Kick	(learned at Green Stripe)
Jumping Side Piercing Kick	(learned at Green Stripe)
180 Reverse Hooking Kick	(learned at Green Belt)
Jumping Back Piercing Kick	(learned at Green Belt)
Jumping Reverse Hooking Kick	(learned at Green Belt)
Vertical Kick (inward & outward)	(learned at Blue Stripe)
Jumping 180 Reverse Hooking Kick	(learned at Blue Stripe)
180 Reverse Turning Kick	(learned at Blue Belt)
Twisting Kick (Low, Middle & High)	(learned at Blue Belt)
Hooking Kick	(new at Red Stripe)
360° Stepping Turning Kick	(new at Red Stripe)
360° Stepping Downward Kick	(new at Red Stripe)

### **PATTERN REQUIREMENTS:**

#### **Patterns / Pattern Exercises:**

Saju Jirugi	(Four Direction Punch – 14 movements total / white belt level)
Saju Makgi	(Four Direction Block – 16 movements total / white belt level)
Chon-Ji Tul	(Pattern Chon-Ji – 19 movements / yellow stripe level)
Dan-Gun Tul	(Pattern Dan-Gun – 21 movements / yellow belt level)
Do-San Tul	(Pattern Do-San – 24 movements / green stripe level)
Won-Hyo Tul	(Pattern Won-Hyo – 28 movements / green belt level)
Yul-Gok Tul	(Pattern Yul-Gok – 38 movements / blue stripe level)
Joong-Gun Tul	(Pattern Joong-Gun – 32 movements / blue belt level)
Toi-Gye Tul	(Pattern Toi-Gye – 37 movements / red stripe level)

## **SPARRING REQUIREMENTS:**

### **3-Step Sparring:**

- 3-Step Sparring #1
- 3-Step Sparring #2
- 3-Step Sparring #3
- 3-Step Sparring #4
- 3-Step Sparring #5
- 3-Step Sparring #6

### **White Belt to Yellow Belt level**

- (Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
- (Attack with Low Front Snap Kick / Defend with Low Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Inner Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Forearm Guarding Block)
- (Attack with Middle Turning Kick / Defend with Knife-hand Guarding Block)
- (Attack with High Obverse Punch / Defend with Outer Forearm Rising Block)

### **2-Step Sparring:**

- 2-Step Sparring #1
- 2-Step Sparring #2
- 2-Step Sparring #3
- 2-Step Sparring #4
- 2-Step Sparring #5
- 2-Step Sparring #6

### **Green Stripe to Blue Stripe Level**

- Attack: Punch & Front Kick / Defend: Middle Inner Forearm & Low Forearm Blocks
- Attack: Punch & Turning Kick / Defend: Forearm Guarding & Knife-hand Guarding Block
- Attack: Turning Kick & High Punch / Defend: Knife-hand guarding block & Rising Block
- Attack: Front Kick & Front Grab / Defend: Low Knife-hand Block & Wedging Block
- Attack: Reverse Punch & Downward Kick / Defend: Hooking Block & Forearm Guarding
- Attack: Side Punch & Side Kick / Defend: Double Forearm Block & Downward Block

### **1-Step Sparring:**

- 1-Step Sparring #1
- 1-Step Sparring #2
- 1-Step Sparring #3
- 1-Step Sparring #4
- 1-Step Sparring #5

### **Blue Belt to Black Stripe level**

- Defend against an opponent attacking with middle or high punch in Walking or L-Stance
- Defend against an opponent attacking with low or middle front snap kick
- Defend against an opponent attacking with side piercing kick
- Defend against an opponent attacking with L-Stance Middle Knife-hand Side Strike
- Defend against an opponent attacking with either front or back leg turning kick

### **Free Sparring:**

- 1-on-1 Sparring

### **For Levels Green Stripe & Up**

- 7-Rounds of 90 seconds

## SELF-DEFENSE REQUIREMENTS:

### Self-Defense Requirements:

Front, Side & Back Break Falls	(all performed from a standing position)
Forward Rolls & Backward Rolls	(all performed from a standing position – finishing in a standing position)
Straight Wrist Grab Releases	(demonstrate releasing, control & counter)
Cross Wrist Grab Releases	(demonstrate releasing, control & counter)
Front Choke	(break the choke & counter)
Front Grab (Wrist Lock #1)	(opponent grabs with palm facing up)
Front Grab (Wrist Lock #2)	(opponent grabs with palm facing down or inward)
Bear Hug Release	(Opponent is hugging from behind – escape by tripping the attacker & counter)
Catching a Front Snap Kick	(Attacked by Front Snap Kick – Move to the outside and trap the leg, trip and counter)
Side Head Lock	(Opponent is putting a headlock from the side)
Catching a Turning Kick	(Opponent performs a Turning Kick – follow the direction of the kick, trap the leg)
Defend against a Haymaker	(Opponent performs a Haymaker – Move under the arm, strike the neck and trap)
Choke from behind (sleeper)	(Opponent performs a rear choke – turn head and use the arms and hips to swing The opponent around)
Front Head Lock	(Opponent is putting a headlock & choke from the front)
Ground Choke	(Opponent is sitting on your stomach and applying a two-handed choke)
Double Leg Takedown	(Shoot fighting technique – perform a deep squat and take your opponent down)
Defend against bat (horizontal attack)	(Opponent is swinging a baseball bat horizontally – either dodge and then move in or advance right away and cut the distance)

## BOARD BREAKING REQUIREMENTS:

### Power Breaking\*:

180° Back Reverse Turning Kick	# of boards & size of board will vary**
Middle Reverse Punch / Palm Strike	# of boards & size of board will vary**

\*- candidates must perform both with right and left legs.

\*\* - depending on size (height & weight) as well as physical challenges/limits, the number of boards may vary per person.

### Special Breaking:

Flying Turning Kick <i>(opposite knee up and switch legs)</i>	<ul style="list-style-type: none"> <li>• Face level for girls and women - ages 8 to 29</li> <li>• Lined up with the top of the head for boys &amp; men - ages 8 to 29</li> <li>• Up to Face level for men &amp; women - ages 30 &amp; up</li> </ul>
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**Oral Test Questions:** (answers on the following pages)

Recite the Meaning of the belt colors

Recite the Meaning of patterns

Name the different types of attacking motions

What is continuous motion?

What is fast motion?

What is connecting motion?

What is slow motion?

What is the meaning of Taekwon-Do?

What is the meaning of ITF?

What is the Birthday of Taekwon-Do?

What is the Birthday of ITF?

What are the 6-elements of the Theory of Power?

What are the Training Secrets of Taekwon-Do?

**PLEASE NOTE:**

As you progress, we will provide a lot of answers to you. We will sometimes miss certain answers and will ask questions where the answers are NOT in this packet.

In this case, we hope that you (as a higher belt student)... will study not only the material in this packet but will also ask lots of questions as well as do some of your own research.



## Meaning of the Belt Colors, Meaning of the Patterns & Meaning Various Motions

### White Belt

White symbolizes innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

### Yellow Belt

Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

### Green Belt

Green signifies the plant's growth as Taekwon-Do skills begin to develop

### Blue Belt

Signifies heaven, toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

### What is Continuous Motion?

Continuous Motion is when two or more movements are joined continuously by the breath. There are 2-sinewave motions, 2-separate movements with 2-exhales while in a continuous motion and only 1-breath.

### What is Fast Motion?

Fast motion is two movements in succession where there is no interruption in rhythm and the sinewave does not restart for the 2<sup>nd</sup> movement. The breakdown is 2-movements, 2-breaths with 1 & 2/3 Sinewave motions.

### What is Connecting Motion?

Connecting motion is two movements in succession sharing one sinewave. Usually it is a soft or natural motion followed by a normal or hard motion. The breakdown is 2-movements, 1-breaths and 1 Sinewave motion

### What is Slow Motion?

Slow motion is designed to show the control, balance and beauty. The movement should be performed in a relaxed manner gradually moving toward the completed technique.

### Chon-Ji Tul (19-movements)

Chon-Ji means literally "the heaven, the earth". It is in the Orient interpreted as the creation of the world or the beginning of human history, therefore is the initial pattern played by the beginner. This pattern has two similar parts, one to represent the heaven and the other, the earth.

### Dan-Gun Tul (21-movements)

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

### Do-San Tul (24-movements)

Do-San is the pseudonym of the patriot Ahn-Chang Ho (1876 – 1938). The 24-movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

### Won-Hyo Tul (28-movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

### Yul-Gok Tul (38-movements)

Yul-Gok is the pseudonym of the famous philosopher and scholar Yi-I (1536-1584) nicknamed the "Confucious of Korea". The 38 movements refer to his birthplace on the 38° latitude and the diagram (±) represents scholar.

### Joong-Gun Tul (32-Movements)

Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese governor general of Korea, who played a leading part in the Korea-Japan Merger. The 32 movements in this pattern represent Ahn Joong Gun's age when he was executed at Lui-Shing prison in 1910.

### Toi-Gye Tul (37-Movements)

Toi-Gye is the penname of the noted scholar Yi-Hwang (16<sup>th</sup> Century) who was an authority of Neo-Confucianism. The 37 movements refer to his birthplace on the 37° Latitude and the diagram (±) represents scholar

### The Meaning of ITF

ITF stands for International Taekwon-Do Federation which was created on March 22, 1966.

There were 9-founding countries:

Egypt, USA, Korea, Vietnam, Malaysia, Singapore, Turkey, West Germany & Italy

### The Training Secrets of Taekwon-Do

**Students should keep in mind the following secrets:**

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breath into one single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
- 8) To create sine wave during the movement by utilizing the knee spring.
- 9) To exhale briefly at the moment of each blow except a connecting motion.

### Movement Definitions:

Upward: a movement which is executed in an upward manner which stops between the solar plexus and the eye level

Rising: a movement which is executed in an upward manner which travels above the eye level

Downward: a movement which is executed in a downward manner which stops between the solar plexus and the navel (belly button) level

Pressing: a movement which is executed in a downward manner which drops below the navel



### **The Theory of Power:**

The average person uses only 10 to 20 percent of their potential while any person, regardless of their size, age, or sex who can be trained to use 100 percent of this potential using the "Theory of Power". It is broken down into 6-elements which are:

#### **REACTION FORCE**

(Opposite Motions to balance the body)

- Newton's 3<sup>rd</sup> Law: For every action, there is an equal and opposite reaction.
- Having both arms to travel the same distance in opposite directions (arriving both hands at the same time, which will increase the overall power in the movement).

#### **CONCENTRATION**

(Mental and Physical Focus)

- The smaller the attacking/blocking tool (surface area) the greater the force (power).
- Channeling the maximum energy through the correct attacking/blocking tool.

#### **EQUILIBRIUM**

(Balance)

- It is also difficult to complete a blow or take a blow when not in balance.
- There are two kinds of equilibrium (balance). Balance while in motion and balance while still.

By keeping the body always in good balance, a blow is more effective and deadly. Conversely unbalanced is easily toppled. The stance should always be stable yet flexible, for both attack & defense.

#### **MASS**

(Bodyweight)

- Adding mass (weight) to a movement by either coordinating a stance or using the hip increases the power in a movement greatly.

Example: Walking Stance Middle Punch - By coordinating the stance (foot), the punch (hand) together you are increasing the power with the momentum of the movement because of the body mass.

#### **BREATH CONTROL**

(Using the correct breathing)

- Breathing is important as it allows the body to function (one can't live without breathing). Every activity requires various techniques or types of breathing as it uses different levels of energy.
- By breathing sharply at the end of the blow, one reinforces tensing the muscles of the body. This makes one physically stronger to deliver a blow as well as to receive an attack.

#### **SPEED**

(Acceleration- to speed up)

- To speed up (or accelerate) to obtain maximum speed as the technique reaches the target
- The technique must start from a relaxed position in order to be able to accelerate to maximum speed

### **Types of Attacking Motions:**

- Punching: this motion rotates or revolves on impact (like a cork screw) – creating internal damage. The motion should turn 180° (the rotation finishing at the moment of impact).
- Striking: this motion is to cause external damage on the opponent (bruising the exterior of the skin, breaking bones).
- Thrusting: this type of motion is when the force is focused into a small and precise attacking tool – aimed to break the skin and penetrate the opponent in a soft area (not protected by bone or muscle).

### **ITF Sparring – Point System:**

- 1-Point: Any punch is worth 1-point. It does not matter if you punch to the body or head- if you are jumping or standing (does not count to the back, back of the head or below belt).
- 2-Points: Any kick to the body. It does not matter what kind of kick. It does not matter whether you are standing or jumping (does not count below the belt, to the back or back of the head as well as the neck).
- 3-Points: Any kick to the head. It does not matter what kind of kick. It does not matter whether you are standing or jumping (does not count below the belt, to the back or back of the head as well as the neck).

### **ITF Sparring – Warning / Foul System:**

#### You will get a warning for:

- Kicking the opponent below the belt  
*(while both fighters are engaging)*
- Kicking the opponent to their back side  
*(while both fighters are engaging)*
- Falling to the floor / stepping out of the ring
- Celebrating (a point scored/opponent's warning)
- Talking / "kiup" during the match

#### You will get a foul for:

- Kicking the opponent below the belt  
*(when no opponent engagement is going on)*
- Kicking the opponent to their back side  
*(when no opponent engagement is going on)*
- Excessive contact (hard contact)
- Grabbing, retaining the opponent
- Un-sportsman like conduct

## HOW TO PERFORM TOI-GYE TUL

START: Close Ready Stance B

1. Move the left foot to B, forming a right L-stance toward B while executing a middle block to B with the left inner forearm.

Movement Name: L-Stance Middle Inner Forearm Block

2. Execute a low thrust to B with the right upset fingertip while forming a left walking stance toward B, slipping the left foot.

Movement Name: Walking Stance Low Upset Fingertip Thrust

3. Bring the left foot to the right foot to form a close stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward.

Movement Name: Close Stance High Backfist Rear Strike

Perform movement #3 in slow motion.

4. Move the right foot to A, forming a left L-stance toward A while executing a middle block to A with the right inner forearm.

Movement Name: L-Stance Middle Inner Forearm Block

5. Execute a low thrust to A with the left upset fingertip while forming a right walking stance toward A, slipping the right foot to A.

Movement Name: Walking Stance Low Upset Fingertip Thrust

6. Bring the right foot to the left foot to form a close stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side-downward.

Movement Name: Close Stance High Backfist Rear Strike

Perform movement #6 in slow motion.

7. Move the left foot to D, forming a left walking stance toward D while executing a pressing block with an X-fist.

Movement Name: Walking Stance X-Fist Pressing Block

8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D.

Movement Name: Walking Stance Twin Forefist Vertical Punch

Perform movements #7 and #8 in a Continuous Motion.

9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.

Movement Name: Middle Front Snap Kick

10. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.

Movement Name: Walking Stance Middle Obverse Punch

11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.

Movement Name: Walking Stance Middle Reverse Punch

12. Bring the left foot to the right foot, forming a close stance toward F while executing a twin side elbow thrust.

Movement Name: Close Stance Twin Side Elbow Thrust

Perform movement #12 in slow motion.

13. Move the right foot to F in a stamping motion, forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.

Movement Name: Sitting Stance Forearm W-Shape Block

14. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.

Movement Name: Sitting Stance Forearm W-Shape Block

15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-Shape block to C with the left outer forearm.

Movement Name: Sitting Stance Forearm W-Shape Block

16. Move the right foot to E in a stamping motion, turning counterclockwise to form a sitting stance toward D while executing a W-Shape block to D with the right outer forearm.

Movement Name: Sitting Stance Forearm W-Shape Block

17. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-Shape block to C with the left outer forearm.

Movement Name: Sitting Stance Forearm W-Shape Block

18. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-Shape block to D with the left outer forearm.

Movement Name: Sitting Stance Forearm W-Shape Block

19. Bring the right foot to the left foot and then move the left foot to D, forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.

Movement Name: L-Stance Low Double Forearm Pushing Block

20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.

Movement Name: Walking Stance High Front Grab

21. Execute an upward kick with the right knee while pulling both hands downward.

Movement Name: Knee Upward Kick

22. Lower the right foot to the left foot and then move the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.

Movement Name: L-Stance Middle Knife-hand Guarding Block

23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

Movement Name: Low Side Front Snap Kick

24. Lower the left foot to C, forming a left walking stance toward C while executing a high thrust to C with the left flat fingertip.

Movement Name: Walking Stance High Flat Fingertip Thrust

25. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.

Movement Name: L-Stance Middle Knife-hand Guarding Block

26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.

Movement Name: Low Side Front Snap Kick

27. Lower the right foot to C, forming a right walking stance toward C, at the same time executing a high thrust to C with the right flat fingertip.

Movement Name: Walking Stance High Flat Fingertip Thrust

28. Move the right foot to D, forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.

Movement Name: L-Stance Low Forearm Block & Backfist High Side Back Strike

29. Jump to C, forming a right X-stance toward A while executing a pressing block with an X-fist.

Movement Name: X-Stance X-Fist Pressing Block

30. Move the right foot to C, forming a right walking stance toward C while executing a high block to C with the right double forearm.

Movement Name: Walking Stance High Double Forearm Side Block

31. Move the left foot to B, forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.

Movement Name: L-Stance Low Knife-hand Guarding Block

32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.

Movement Name: Walking Stance Inner Forearm Circular Block

33. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.

Movement Name: L-Stance Low Knife-hand Guarding Block

34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.

Movement Name: Walking Stance Inner Forearm Circular Block

35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.

Movement Name: Walking Stance Inner Forearm Circular Block

36. Execute a circular block to CE with the left inner forearm while forming a right walking stance toward A.

Movement Name: Walking Stance Inner Forearm Circular Block

37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

Movement Name: Sitting Stance Middle Punch

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