**** **Edu-kwondo curriculum**

 **Combinations movements**

 **Edu-kwondo Combination Ⅰ (WHITE BELT)** **edukwondo1@gmail.com**

 **1 Step back right foot and down block left hand (FS)**

 **2 Reverse punch right hand, in place**

 **3 Front kick right foot, and double punches. Right / left (FS)**

 **4 Step forward left foot, and regular knife-hand chop (HS)**

 **5 Step forward right foot and regular middle punch KIA (FS)**

 **Edu-kwondo Combination Ⅱ (YELLOW BELT)**

 **1 Step back right foot and down block left hand (HS)**

 **2 Cross body punch right hand (punch not higher than Patch level)**

 **3 Advance regular side kick right foot**

 **4 Follow up regular round house kick, left foot (HS)**

 **5 Regular knife-hand chop in place**

 **6 Step forward and middle punch, right foot KIA (FS)**

 **Edu-kwondo Combination Ⅲ (GREEN BELT)**

 **1 step back right foot, left down block, right cross body punch, left reg punch (HS)**

 **2 Cross-behind left side kick (FP)**

 **3 Turn-around right back kick (FP)**

 **4 Turn-around and left back fist to face (HS)**

**5 Step forward and right middle punch KIA (FS) Koman**

**Terms**

**(FS) = Front Stance \*\*\*\*\*\* (FP) = Fighting Position \*\*\*\*\*\* (CS) Cat Stance**

**(BS) = Back Stance \*\*\*\*\*\* (HS) = Horse Stance** **(JP) Jumbi Position**

** Edu-kwondo curriculum**

 **Combinations movements**

**Edu-kwondo Combination Ⅳ (PURPLE BELT)** **edukwondo1@gmail.com**

**1 Step back right foot, double knife block, left spear hand, right knuckle punch (BS/ FS)**

**2 Right front kick, follow up left spinning back kick (FP)**

**3 Right spin wheel kick (FP)**

**4 Right fake front round house kick (FP)**

**5 Left spinning back fist to face (HS)**

**6 Step forward right foot and right middle punch KIA (FS)**

**Edu-kwondo Combination Ⅴ (4th & 3rd RED BELTS)**

**1 Step back right foot, left hand regular knife hand chop (BS)**

**2 Switch to (FS) and right elbow upper punch to chin (FS)**

**3 Double right-side kicks, same height to chest level, and left reverse punch (FS)**

**4 Switch to (FP) and hop right-side kick (FP)**

**5 Follow-up hop right front kick (FP)**

**6 Hop backward one step in same position, and right-hand down block (HS)**

**7 Left foot spinning back kick, follow-up right foot spin-wheel kick (FP)**

**8 Follow-up right fake front round house kick (CS)**

**9 Right hop front kick, as you land, do left spear hand and right punch KIA (FS)**

 **Koman !**

**Terms**

**(FS) = Front Stance \*\*\*\*\*\* (FP) = Fighting Position \*\*\*\*\*\* (CS) Cat Stance**

**(BS) = Back Stance \*\*\*\*\*\* (HS) = Horse Stance (JP) Jumbi Position**

**** **Edu-kwondo curriculum**

 **Combinations movements**

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 **Edu-kwondo Combination Ⅵ (2nd, 1st, +1st, ++1st, Brown Belt)**

 **Jumbi Position**

**1 Stepping back right foot and low X block -open hands (BS) Tension moves**

**2 Pull both hands together to left side on top belt (BS) Snap move**

**3 With right foot, side kick touch and side kick again to the side (FP)**

**4 Slide in left instant front kick, right reverse punch (FS)**

**5 Right hook kick, touch instant side kick, left reverse spear hand (FS)**

**6 Step forward left foot, double knife-hand block, knuckle punch, and spear hand (FS)**

**7 Hop back left down block (HS)**

**8 Left instant side kick, and right Pin-wheel kick**

**9 in-place tension left low knife-hand block (HS)**

**10 Pull left up in air knee high, left down block and right back fist**

**11 Leap forward land on right foot, cross left foot behind right, (low position)**

**12 As you land in position, low right hand punch, left palm brace right arm (LP) KIA**

**13 Left foot turn backward, and left hand backfist (HS)**

**14 Follow-up step right foot and right middle punch (FS) KIA**

**15 KOMAHN.**

**Terms**

**(FS) = Front Stance \*\*\*\*\*\* (FP) = Fighting Position \*\*\*\*\*\* (CS) Cat Stance**

**(BS) = Back Stance \*\*\*\*\*\* (HS) = Horse Stance (JP) Jumbi Position**

**(FT) = Feet Together \*\*\*\*\*\* (NP) Normal Position**

**Edu-kwondo curriculum**

**forms pattern movements**

 **EDU-kwondo form Ⅰ** **edukwondo1@gmail.com**

**WHITE BELT**

1. **From (JP) step left foot to left and down block with left hand (FS)**
2. **Step forward right foot and right elbow punch to face (HS)**
3. **Step backward right foot and right down block (FS)**
4. **Step forward left foot and left elbow punch (HS)**
5. **Step left foot back in the middle and left down block (FS)**
6. **Step forward right foot and right middle punch (FS)**
7. **Step forward left foot and left middle punch (FS)**
8. **step forward right foot and right middle punch (FS) KIA**
9. **swing backward with left foot to the side and left down block (FS)**
10. **step forward right foot and right elbow punch (HS)**
11. **step backward right foot and right down block (FS)**
12. **step forward left foot and left elbow punch (HS)**
13. **step left foot back in the middle and left down block (FS)**
14. **Step forward right foot and right middle punch (FS)**
15. **Step forward left foot and left middle punch (FS)**

1. **step forward right foot and right middle punch (FS) KIA**
2. **swing backward with left foot to the side and left down block (FS)**
3. **step forward right foot and right elbow punch (HS)**
4. **step backward right foot and right down block (FS)**
5. **step forward left foot and left elbow punch (HS)**
6. **Komahn!!**

**DIAGRAM OF FORM 1, 2, and 3**

 **START HERE**



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**Edu-kwondo curriculum**

 **forms pattern movements**

 **EDU-kwondo form Ⅱ** **edukwondo1@gmail.com**

**WHITE BELT**

 **1) From (JP) step left foot to left and Over-head block with left hand (FS)**

 **2)** **Grab head with both hands and right knee kick to face (FS)**

 **3)** **Step backward right foot and right Over-head block (FS)**

 **4) Grab head with both hands and left knee kick to face (FS)**

 **5) Step left foot back in the middle and left down block (FS)**

 **6) Step forward right foot and right palm-heel punch (FS)**

 **7) Step forward left foot and left palm-heel punch (FS)**

 **8) Step forward right foot and right palm-heel punch (FS) KIA**

 **9)** **Swing backward with left foot to the side and left Over-head block (FS)**

 **10) Grab head with both hands and right knee kick to face (FS)**

 **11) Step backward right foot and right Over-head block (FS)**

 **12) Grab head with both hands and left knee kick to face (FS)**

 **13) Step left foot back in the middle and left down block (FS)**

 **14) Step forward right foot and right palm-heel punch (FS)**

 **15) Step forward left foot and left palm-heel punch (FS)**

 **16) Step forward right foot and right palm-heel punch (FS) KIA**

 **17) Swing backward with left foot to the side and left Over-head block (FS)**

 **18) Grab head with both hands and right knee kick to face (FS)**

 **19) Step backward right foot and right Over-head block (FS)**

 **20) Grab head with both hands and left knee kick to face (FS)**

 **21) Komahn**

**Edu-kwondo curriculum**

**forms pattern movements**

 **EDU-kwondo form Ⅲ** **edukwondo1@gmail.com**

**YELLOW BELT**

 **1)** **From (JP) step left foot to left and In-out block with left hand (BS)**

 **2) Slide right foot up to left, feet together and right low punch**

 **3)** **Step backward right foot and right In-out block (BS)**

 **4) Slide left foot up to right, feet together and left low punch**

 **5) Step left foot back in the middle and left down block (FS)**

 **6)** **Step forward right foot and right middle punch (BS)**

 **7) Step forward left foot and left middle punch (BS)**

 **8) Step forward right foot and right middle punch (BS) KIA**

 **9)** **Swing backward with left foot to the side and left In-out block (BS)**

 **10) Slide right foot up to left, feet together and right low punch**

 **11) Step backward right foot and right In-out block (BS)**

 **12) Slide left foot up to right, feet together and left low punch**

 **13) Step left foot back in the middle and left down block (FS)**

 **14) Step forward right foot and right spear hand (BS)**

 **15) Step forward left foot and left spear hand (BS)**

 **16) Step forward right foot and right spear hand (BS) KIA**

 **17) Swing backward with left foot to the side and left In-out block (BS)**

 **18) Slide right foot up to left, feet together and right low punch**

 **19) Step backward right foot and right In-out block (BS)**

 **20) Slide left foot up to right, feet together and left low punch**

 **21) Komahn**

**Edu-kwondo curriculum**

**forms pattern movements**

 **tan-gun hyun** **edukwondo1@gmail.com**

**YELLOW BELT**

 **1) From (JP) step left foot to left and double knife hands block (BS)**

 **2)** **Step forward right foot and right middle punch (FS)**

 **3) Step backward right foot and double knife hands block (BS)**

 **4) Step forward left foot and left middle punch (FS)**

 **5)** **Step left foot back in the middle and left down block (FS)**

 **6)** **Step forward right foot and right Over-head block (FS)**

 **7) Step forward left foot and left Over-head block (FS)**

 **8) Step forward right foot and right Over-head block (FS) KIA**

 **9) Swing backward with left foot to the side and double knife hands block (BS)**

**10) Step forward right foot and right middle punch (FS)**

**11) Step backward right foot and double knife hands block (BS)**

**12) Step forward left foot and left middle punch (FS)**

**13) Step left foot back in the middle and left down block (FS)**

**14) Step forward right foot and right knife hand chop (FS)**

**15) Step forward left foot and left knife hand chop (FS)**

**16) Step forward right foot and right knife hand chop (FS) KIA**

**17) Swing backward with left foot to the side and left knife hands chop (BS)**

**18) Step forward right foot and right middle punch (FS)**

**19) Step backward right foot and right knife hands chop (BS)**

**20) Step forward left foot and left middle punch (FS)**

**21) Komahn**

**Edu-kwondo curriculum**

**forms pattern movements**

 **won-hyo hyun** **edukwondo1@gmail.com**

**green BELT**

 **1) From ready, step to left and double close fists block, right reverse soto and left**

 **Middle punch (BS)**

 **2)** **Hop over to right side and double close fists block, left reverse soto, and right**

 **Middle punch (BS)**

 **3) Put left fist on top of right fist, slide right foot back to left foot, fists on right side (NP**

 **4) Left side kick and land with double knife hands block (BS)**

 **5) Step forward and right double knife hand block (BS)**

 **6) Step forward and left double knife hand block (BS)**

 **7) Step forward and right reverse spear hand (FS) KIA**

 **8) Bring right foot back to left foot, and swing left foot backward to left side (BS)**

 **9) left and double close fists block, right reverse soto and left**

 **Middle punch (BS)**

**10) Hop over to right side and double close fists block, left reverse soto, and right**

 **Middle punch (BS)**

**11) Bing right foot back to left foot, step forward left foot and right in-out block (FS)**

**12) Right front kick, left reverse punch, and left in-out block (FS)**

**13) Left front kick and right reverse punch,**

**14) Chamber both fist on left side, and bring right foot up to left foot, (FT)**

**15) Right side kick, (FT) KIA**

**16) Turn to left side and (FP)**

**17) Hop over to right side and (FP)**

**18) KOMAHN with (RP)**

**Edu-kwondo curriculum**

**forms pattern movements**

 **pyung an hyun Ⅳ** **edukwondo1@gmail.com**

**purple BELT**

 **1) From (JP) step left foot to left side and twin knife hands block (BS)**

 **2) Switch body to right side and twin knife hand block (BS)**

 **3) Step forward left foot and low X block, right hand on to (FS)**

 **4) Step forward right foot and right double arms block (FS)**

 **5) Slide left foot up to right foot and chamber both fists on right side (FT)**

 **6) Left side kick, and right elbow punch into left palm (FS)**

 **7) Slide right foot up to left foot and chamber both fists on left side (FT)**

 **8) Right side kick and left elbow punch into right palm (FS)**

 **9) TOGETHER, Left low knife hand and right high knife hand block (FS)**

 **10) TOGETHER, switch toward left and right chop and left knife hand overhead (FS)**

 **11) Right front kick, cross left behind right and right back fist to face (XS) KIA**

 **12) Diagonal, step left foot back and high X block, brake slowly, right front kick and**

 **Double punches (right-left) (FS)**

 **13) Diagonal, step right foot back and high X block, brake slowly, left front kick and**

 **Double punches (left-right) (FS)**

 **14) Step left foot forward and left double arms block, advance right double arms block**

 **Advance left double arms block, pull both knife hands back on top belt (FS)**

 **15) Grab neck with both knife hands, strike right knee kick to face (FT) KIA**

 **16) Diagonal, step back with right foot and double knife block (BS)**

 **17) Diagonal, step forward to right and double knife hand block (BS)**

 **18) KOMAHN, step right foot back (JP)**

**Edu-kwondo curriculum**

**forms pattern movements**

 **yul kok hyun** **edukwondo1@gmail.com**

**4th red belt**

 **1) From (JP) step to left and extend left hand middle punch, (HS)**

 **2) Double punches, left then right middle punches, (HS)**

 **3) Cross over to right side and repeat same movement, (HS)**

 **4) Switch right foot diagonally and right in-out block, (FS)**

 **5) Follow up with left front kick and double punches, (FS)**

 **6) Step back left foot on left side diagonally, and left in-out block, (FS)**

 **7) Follow up with right front kick and double punches, (FS)**

 **8) Step right foot middle forward and right and left shoulder brushes, right punch, (FS)**

 **9) Step forward left foot and left and right shoulder brushes, left middle punch, (FS)**

 **10) Step forward right foot and right middle punch, (FS) KIA**

 **11) Chamber both fists on right side and left side kick, right elbow punch in palm (FS)**

 **12) Chamber both fists on left side and right-side kick, left elbow punch in palm, (FS)**

 **13) Step left foot to left side and twin knife hands block (BS) Follow up right spear hand**

 **14) Step right foot back to opposite side and repeat block then spear hand (FS)**

 **15) Step back left foot middle forward (FP) and reverse middle punch (FS)**

 **16) Step right foot forward in (FP) and left reverse middle punch (FS)**

 **17) Step forward left foot and cross behind with right foot, left back fist to face (XS) KIA**

 **18) Step left foot backward diagonally and right double arms block, (FS)**

 **19) Cross over to left side diagonally and left double arms block (FS)**

 **20) Komahn, bring left foot back to (JP)**

**Edu-kwondo curriculum**

**forms pattern movements**

 **CHUNG GUN hyun** **edukwondo1@gmail.com**

**3rd red belt**

 **1) From (JP) circle right fist with left palm at belt level for ready position (NP)**

 **2) Step left foot to left side and left in-out ridge hand block, (BS)**

 **3) Follow up right front kick and right palm-heel punch middle section, (FS)**

 **4) Step right foot backward to opposite side and right in-out ridge hand block, (BS)**

 **5) Step left foot middle forward and double knife hand block and high elbow punch (FS**

 **6) Step right foot forward and double knife hand block, and high elbow punch (FS)**

 **7) Step forward left foot and twin punch to face (both hands), (FS)**

 **8) Step forward and twin upper cut punch to solar plexus, (both hands), (FS) KIA**

 **9) Turn your body toward opposite direction and high X block, left (FS)**

 **10) Step left foot to left side and lefthand back fist, in-out block, right reverse punch (FS)**

 **11) Cross over to opposite side, right backfist, right in-out block, left reverse punch (FS)**

 **12) Bring right foot back to left, chamber both fists on right side (NP)**

 **13) Step left forward and left double arm block, reverse punch, and right-side kick**

 **14) In place, double arms block, reverse punch, follow up left side kick, (FP)**

 **15) Switch to (FS) drop left hand, complete reverse tension pressure block, (FS)**

 **16) Step right foot forward (FP), Switch to (FS) drop right hand, complete pressure block**

 **17) Slide left foot up to right foot and right cross body punch (NP)**

 **18) Step right foot to right side and right Pole block (BS)**

 **19) Bring right foot back to left and step left foot to left side, Pole block (BS) KIA**

 **20) Bring left foot back to right and circle right fist with left palm, (JP)**

 **21) Komahn**

**Edu-kwondo curriculum**

**forms pattern movements**

 **hwa-rang hyun** **edukwondo1@gmail.com**

**2nd brown belt**

 **1) Start with (RP) left knife hand on top of right knife hand (NP)**

 **2) Step right foot to the right and middle punch right hand (HS)**

 **3) In place tension left palm-heel punch, then fast double punches (HS)**

 **4) Shift to right (BS) twin fist block, left upper cut, and right-side punch (BS)**

 **5) Bring back right foot to left foot, and right downward knife hand chop (NP0**

 **6) Step left foot forward and left middle punch (FS)**

 **7) Step left foot middle forward, and left down block (FS)**

 **8) Step right foot forward, and right middle punch (FS)**

 **9) Bring left open hand to right fist, and slide left foot up to right foot (NP)**

 **10) Chamber both hands on left side, right side kick, land with right knife hand chop (BS)**

 **11) Step left forward and left punch, step forward right foot and right punch (FS) KIA**

 **12) Swing left foot backward to left side, and double knife block, follow up R-spear hand**

 **13) Turn-around backward and double knife block (do not step) (BS)**

 **14) Follow up, right then left round-house kicks, land left double knife hand blocks (BS)**

 **15) Step left foot middle forward, left down block, then right reverse cross body punch**

 **16) Step right foot forward and right reverse cross body punch (BS)**

 **17) Step left foot forward and left cross body punch, shift to (FS) low X block (FS)**

 **18) Step right foot forward, then cross behind left foot, and right elbow punch (XS) KIA**

 **19) Spin backward to left side and right low punch left in-out block (together) (NP)**

 **20) Double repeat blocking position, then step forward left double knife hand block (BS)**

 **21) Bring left foot back to right and step to right side and right double knife hand block**

 **22) KOMAHN, just as you begin.**

**Edu-kwondo curriculum**

**forms pattern movements**

**toi-gye hyun** **edukwondo1@gmail.com**

**1st brown belt**

 **1) Start in (RP) circle right fist with left palm at belt level (NP)**

** 2) Step left foot to left side and left hand in-out block (BS)**

 **3) Switch to (FS) and right knife hand Groin attack (FS)**

 **4) Bring left foot back to right foot and right in-out and left down together (NP)**

 **5) Step right foot to right side and right in-out block (BS)**

 **6) Switch to (FS) and left knife hand Groin attack (FS)**

 **7) Bring right foot back to left foot and left in-out and right down together (NP)**

 **8) Step left foot forward center, low X block and twin middle punch (FS)**

 **9) Advance right front kick and double punches, right/ left (FS)**

 **10) Bring left foot up to right, and both arms high circular motion, chamber on hips (NP)**

 **11) Facing left, high mountain block, right crescent kick, left crescent kick, (HS)**

 **12) Turn to opposite direction and repeat crescent kicks and blocks**

 **13) Begin left crescent kick high mountain block, right crescent kick, and block (HS)**

 **14) Bring back right foot to left foot, step forward left foot and low double arm block BS**

 **15) Double knife hands grab to head, right knee kick to face KIA land in (NP)**

 **16) Step left foot to starting position and double knife hands block (BS)**

 **17) Instant left front kick, right tension spear hand, and left knuckle punch (FS)**

 **18) Step forward right foot and double knife hands block (BS)**

 **19) Instant right front kick, left tension spear hand and right knuckle punch (FS)**

 **20) Bring right foot back to left foot, and step left foot forward (BS)**

 **21) Left hand down block and right hand back fist (together) (BS)**

 **22) Pick up left foot and jump forward into X stance, right behind left, low X block**

**toi-gye hyun (continue)**

 **23) Step forward right foot and double arms block (FS)**

 **24) Bring right foot back to left foot and turn backward to left side double knife hand block (BS)**

 **25) Without stepping switch to (FS) and right hand in-out block (FS)**

 **26) Bring left foot back to right foot, and step right foot to right side and double knife hands block (BS)**

 **27) Without stepping switch to (FS) and left hand in-out block (FS)**

 **28) Stay in same position, and right in-out, and left in-out (shift body motion for each block) (FS)**

 **29) Step right foot into (HS) and right-hand middle punch, (facing forward) KIA (HS)**

 **30) KOMAHN!!, circle fist in ready position. Koman !**

**Edu-kwondo curriculum**

**forms pattern movements**

**Tae-kook pal jang hyun** **edukwondo1@gmail.com**

**+1st brown belt**

 **1) Start in (JP) step left forward (FP) and right reverse punch (FS)**

 **2) Left jumping front kick, left out-in block and double punches (FS)**

 **3) Step forward right foot and right middle punch, (FS) KIA**

 **4) Swing left foot backward into (FS) 90° look opposite direction (side stance)**

 **5) Left hand down block and right high back fist (together) (FS)**

 **6) Shift to full (FS) and tension right upper cut punch, left hand on right shoulder (FS)**

 **7) Shift to (BS) and left middle punch (BS)**

 **8) Cross left foot behind right and step backward with right foot into same position**

 **9) Right hand low block and left high back fist (Side stance)**

 **10) Shift to full (FS) and tension left upper cut punch, right hand on left shoulder (FS)**

 **11) Shift to (BS) and right middle punch (BS)**

 **12) Bring right foot to left foot, and step forward left foot double knife hand block (BS)**

 **13) Advance right front kick, left punch, and right palm-heel to groin (BS)**

 **14) Advance left front kick, right punch, and left palm-heel to groin (BS)**

 **15) Step right foot to right side and double knife hand block (BS)**

**16) Right Instant front kick, touch, and instant right side kick (FS)**

**17) Left hand reverse punch (FS), and right palm-heel punch to groin (BS)**

**18) Cross over to left side, bring right foot to left foot, and**

**19) Step forward left foot and double knife hand block (BS)**

**20) Left Instant front, touch, and left instant side kick (FS)**

**21) Right hand reverse punch (FS), and left palm-heel punch to groin (BS)**

**22) Going back to where you started, bring left foot to right foot (NP)**

**Tae-kook pal jang hyun (continue)**

**23) Turn backward on right foot, low double arm block (BS)**

**24) Shift to (FS) and left-hand reverse punch (FS)**

**25) Right jumping front kick, right out-in block and left reverse punch (FS) KIA**

**26) Swing left foot backward to the left side, and double knife hand block (BS)**

**27) Shift to (FS) and right elbow and right back fist to face (FS)**

**28) Right low- high front kick in place, and left middle punch (FS)**

**29) Move backward to opposite direction, bring left foot back to right foot (NP)**

**30) Step right foot back into (BS) and double knife hand block (BS)**

**31) Shift to (FS) and left elbow and left back fist to face (FS)**

**32) Left low- high front kick in place, and right middle punch**

**33) KOMAHN!!, bring left foot to right foot. Koman !**

******Edu-kwondo curriculum**

**forms pattern movements**

**CHUNG MU hyun** **edukwondo1@gmail.com**

**++1st brown belt (Candidate Black Belt)**

**Jumbi**

 **1) Step left foot to left side and twin open knife hand block (BS)**

 **2) Step right foot forward and left overhead knife hand and right-hand chop to neck (FS**

 **3) Step right foot backward to opposite direction, double knife hand block (BS)**

 **4) Step left foot forward and left spear-hand to face (FS)**

 **5) Step left foot forward to center and double knife block (BS)**

 **6) Slowly bring right foot to left foot, and chamber both fists on left side (NP)**

 **7) Right side kick, step right foot backward and double knife hand block (BS)**

 **8) Step forward on right foot then right jumping side kick, double knife hand block (BS)**

 **9) Swing left foot backward to left side and left-hand down block (BS)**

 **10) Shift to (FS) and chamber both knife hands, grab head and right knee to face (NP)**

**11) Turn to opposite direction on left foot, left knife over head block, right ridge hand (FS**

**12) Going same direction, right round-house kick, and left turn-around back kick -**

**13) Land left foot in (BS) facing opposite direction (fighting position)**

**14) Follow up left round-house kick, land feet together (NP)**

**15) Facing starting position, step right foot forward and pole block (BS)**

**16) Pick up left foot and jump counterclockwise 360°, right double hand block (BS) KIA**

**17) Step forward left foot and right-hand grab to groin (FS)**

**18) Pull right foot back into (BS) and left-hand down block and right back fist (BS)**

**19) Step forward right foot and right lunge spear hand mid-section attack (FS)**

**20) Swing left foot to left side 270° , and left double arms block (FS)**

**21) Follow up, step right foot into (HS) and right out-in block (left fist at right elbow)**

**CHUNG MU hyun (continue)**

**22) Still in (HS) after out in block , with same hand , back fist shoulder high (HS)**

**23) Going opposite direction, right side kick, follow up left round-house kick**

**24) After round-house kick, land feet together (NP) face opposite direction (NP)**

**25) Slide right foot into (BS) and middle height X block open hands right over left (BS)**

**26) Follow up left front kick, and double palm-heel punch to stomach (FS)**

**27) Turn your body facing opposite direction (do not change legs, derodo-rat) (FS)**

**28) Right hand over head block and left hand reverse punch KIA Koman!**