

Advanced Peanuts Form

To "Linus and Lucy" by Vince Guaraldi

Four measure intro

(Attention, Joon-bi, hands up/around to horse-riding stance)

Star block set R then L

(High, inside, down, outside, push)

Middle punches R then L

Hand strike set R then L

(Knife, reverse knife, palm, back-fist, ridge, spear)

Fighting stance with L foot forward

Kick boxing set R then L then R

(Jab, cross, hook x 2, upper x 2, rear knee, SDIF)

Hands up/around to horse-riding stance

Return to horse-riding stance

Star block set both hands

Hand strike set both hands

Front kick R then L then R (SDIF)

FREE STYLE for 16 measures

Finish in fighting stance L foot forward

Elbow-knee set R then L

(Front, side, rear, drop, rear knee SDIF)

Retreating bob and weave in KFM step R then L

Attention and Bow