

New Techniques

Blocks:	Low X-Block with fists, Ridgehand block, Knifehand square block, Side High/Low block
Strikes:	Twin Upset Punch, Reverse Vertical Elbow, Upset Knifehand (Palm upward), Knee strike
Kicks:	#1 Jump Front Kick, #3 Hook Kick, #1 Side Kick
Techniques:	Twin Palm Head Grab

Form

Ready Position: Right Regular Ready Position

1. Right foot steps to right front stance, low X-block with fists.
2. No step, twin upset punch to middle section.
3. Step left foot forward to parallel stance (feet shoulder width apart), right jump front kick to south.
4. Land in right front stance, left vertical elbow strike, and ...
5. In continuous motion, right punch to high section.
6. Right foot moves east (1 shoulder width), left foot steps counterclockwise 90 ° to middle stance to north, turn face to west, left ridgehand block to side (high section), and ...
7. In continuous motion, left knifehand low block.
8. #3 hook kick, and ...
9. In continuous motion, left round kick.
10. Land in middle stance, left backfist to side middle section, and ...
11. In continuous motion, left knifehand strike to side high section.
12. Double step (right foot steps to closed stance to north, left steps north) to left front stance, low X-block with fists.
13. No step, twin upset punch to middle section, **Kihap**.
14. Right foot steps forward to parallel stance (feet shoulder width apart), left jump front kick to north.
15. Land in left front stance; right vertical elbow strike, and ...
16. In continuous motion, left punch to high section.
17. Left foot steps over east (1 shoulder width) then move right foot to middle stance to north, turn face to east, right ridgehand block to side (high section), and ...
18. In continuous motion, no step, right knifehand low block.
19. #3 right hook kick, and ...
20. In continuous motion, right round kick.
21. Land in middle stance, right backfist to side middle section, and ...
22. In continuous motion, right knifehand strike to side high section.
23. Move left foot to closed stance, turning counter clockwise to west, turn face to south left knifehand low block to side, **Kihap**.
24. #1 left side kick, land in middle stance, and ...
25. In continuous motion, #3 left hook kick, land in right back stance, and ...
26. In continuous motion, double knifehand block.
27. Right foot moves 90° clockwise to left back stance pointing east, knifehand square block.
28. Turn face to north, left upset knifehand strike to north high section, and ...

Form (cont'd)

29. In continuous motion, turn face to east, right punch to east middle section.
30. Shift right foot to a right front stance to east, twin palm head grab with hands held vertically.
31. Left knee kick through hands.
32. Put left foot down to parallel stance to east, right foot steps forward (east) to middle stance, turn face to west, right high inner forearm block/left low clock to sides.
33. Turn face to north, move left foot to closed stance, turning counterclockwise to face west, right knifehand low block to side, **Kihap**.
34. #1 right side kick, land in middle stance, and ...
35. In continuous motion, #3 right hook kick, land in left back stance, and ...
36. In continuous motion, double knifehand block.
37. Left foot moves 90° west to right back stance pointing west, knifehand square block.
38. Turn face to north, right upset knifehand strike to north high section, and ...
39. In continuous motion, turn face to west, twin palm head grab with hands held vertically.
40. Shift left foot to left front stance west, twin palm head grab with hands held vertically.
41. Right knee kick through hands.
42. Put right foot down next to parallel stance to west, left foot steps forward (west) to middle stance, turn face to east, left high inner forearm block/right low block to sides.

Bahroh – Right foot steps forward to parallel stance, regular ready position.