

New Techniques

Kicks: Reverse Side kick, #2 Side kick
Stances: Sparring Stance

Form

Ready Position: Left Regular Ready Position

1. (To north) step with left front into middle stance, left twin inner forearm block to front.
2. No step, left middle punch, and ...
3. In continuous motion, right middle punch.
4. (To north) Shift feet into sparring stance, left double outer forearm block.
5. #2 right round kick.
6. Place right foot down to left, left reverse side kick.
7. Land in middle stance, high left backfist (to north), **Kihap**.
8. (To west) step with right foot (turning 90 ° clockwise) into front stance, right low block.
9. No step, right inner forearm block.
10. No step, high left reverse punch.
11. Right foot moves south one shoulder's width, #2 left side kick to west.
12. Land in middle stance, left middle section knifehand strike to side.
13. Double step to south with left foot (turning 90 ° counter clockwise) into right back stance (facing south), left twin inner forearm block.
14. (To south) #3 left jump front kick (advancing 1 front stance length), and ...
15. In continuous motion, #2 right front kick, and ...
16. In continuous motion, land in sparring stance, with right foot forward, double outer forearm block.
17. (To south) #2 left round kick.
18. Place left foot back down to right, right reverse side kick.
19. Land in middle stance, high right backfist (strike to south).
20. (To east) step with left foot into front stance, left low block.
21. No step, left inner forearm block.
22. No step, high right reverse punch.
23. Left foot moves south one shoulder's width, #2 right side kick to east.
24. Land in middle stance, right middle knifehand strike, **Kihap**.
25. Double step to north 90 ° into left back stance, right twin inner forearm block.
26. (To north) #3 right jump front kick (advancing 1 front stance), and ...
27. In continuous motion, #2 right front kick, and ...
28. In continuous motion, land in sparring stance, with left foot forward, double outer forearm block.
29. (To east) shift left foot to middle stance, left twin inner forearm block to front.
30. No step, right middle punch, and ...
31. In continuous motion, left middle punch.

Bahroh – Left foot steps forward to parallel stance, natural ready position

One Step Sparring

1. "Self Improvement"

Sparring stance, arm base	"Self Improvement"
Right foot evade	"Hard"
Left front kick	"Work"
Left backfist	"Always"
Left side kick	"Makes"
Step down	"Me"
Right reverse side kick	"Better"
Arm base	"Self Improvement"

2. "Self Confidence"

Sparring stance, arm base	"Self Confidence"
Step back	"I"
Right inner crescent	"Believe"
Left reverse side kick	"I"
Right punch	"Can"
Left punch	"Do"
Step back	"IT"
Right jump front kick	"Well"
Arm base	"Self Confidence"

3. "Self Awareness"

Sparring stance, arm base	"Self Awareness"
Left foot steps out, right low block	"Thinking"
Right outer crescent	"About"
Left outer crescent	"All"
Left outer crescent	"That's"
Right punch	"Around"
Right round kick	"Me"
Sparring stance, arm base	"Self Awareness"