1. Ready stance
2. Turn to left 90 by moving left foot into left walking stance, left low block.
3. Step forward with right foot into right walking stance, right middle punch.
4. Moving right foot, turn 180 to right into right walking stance, right low block.
5. Step forward with left foot into left walking stance, left middle punch.
6. Moving left foot, turn 90 to left into left front stance, left low block.

7. Without moving feet, right middle punch.
8. Moving right foot, turn 90 to right into right walking stance, left inside middle block.
9. Step forward with left foot into left walking stance, right middle punch.
10. Moving left foot 180 to left into left walking stance, right inside middle block.
11. Step forward with right foot into right walking stance, left middle punch.

12. Moving right foot 90 to right into right front stance, right low block.
13. Without moving feet, left middle punch.
14. Moving left foot 90 to left into left walking stance, left high block.
15A. Without moving left foot, right front kick.
15B. Step down into right walking stance, right middle punch.
16. Moving right foot 180 to right into right walking stance, right high block.

17A. Without moving right foot, left front kick.
17B. Step down into left walking stance, left middle punch.
18. Moving left foot, turn 90 to right into left front stance, left low block.
19. Step forward with right foot into right front stance, right middle punch with kihap.
20. Return to ready stance by moving left foot.