

1. Joombi.
2. Turn to the left into walking stance left foot in front. Low block with the left hand.
3. Step forwards into front stance right foot in front. Mid punch with the right hand.
4. Step the right foot behind you into walking stance right foot in front. Low block with the right hand.
5. Step forwards into front stance left foot in front. Mid punch with the left hand.
6. Step the left foot to the front into walking stance left foot in front. Inner block with the right hand.
7. Step the right foot forwards into walking stance right foot in front. Inner block with the left hand.
8. Step the left foot to the left into walking stance left foot in front. Low block with the left hand.
9. Front kick with the right foot landing in front stance right foot in front. High punch with the right hand.
10. Step the right foot behind you into walking stance right foot in front. Low block with the right hand.
11. Front kick with the left foot landing in front stance left foot in front. High punch with the left hand.
12. Step the left foot to the front into walking stance left foot in front. High block with the left hand.
13. Step the right foot forwards into walking stance right foot in front. High block with the right hand.
14. Reverse turn the left foot to the right into walking stance left foot in front. Inner block with the right hand.
15. Turn on the spot to face the left in walking stance right foot in front. Inner block with the left hand.
16. Step the left foot to the back into walking stance left foot in front. Low block with the left hand.

17. Front kick with the right foot landing in walking stance right foot in front. Mid punch with the right hand.
18. Front kick with the left foot landing in walking stance left foot in front. Mid punch with the left hand.
19. Front kick with the right foot landing in walking stance right foot in front. Mid punch with the right hand and kihap.