

1. Joombi.
2. Turn to your left, front stance, left leg in front, low block.
3. Pull the front leg back to a Joombi stance, with your left foot pointing to the left. Hammerfist to the top of the head with the left hand.
4. Turn to your right, front stance, right leg in front, low block.
5. Pull the front leg back into Joombi stance, with your right foot pointing to the right. Hammerfist to the top of the head with the right hand.
6. Step the left foot forwards into front stance left foot in front. Inner block with the left hand then the right.
7. Front kick with the right leg, landing in front stance right foot in front. Back fist to the nose with the right hand inner block with the left.
8. Front kick with the left leg, landing in front stance left foot in front. Back fist to the nose with the left hand inner block with the right.
9. Step the right foot forwards into front stance, right foot in front. Back fist to the nose with the right hand.
10. Reverse turn the left foot to the right into back stance left foot in front. Outer knife hand block with the left hand. Step the right foot forwards into front stance right foot in front. Bring the right fist to the palm of the left hand, while doing an elbow to the temple with the right elbow.
11. Step the right foot behind you into back stance right foot in front. Outer knife hand block with the right hand. Step the left foot forwards into front stance left foot in front. Bring the left fist to the palm of the right hand, while doing an elbow to the temple with the left elbow.
12. Step the left foot to the back into front stance, left foot in front. Low block with the left hand, inner block with the right.
13. Front kick with right foot landing in front stance, right foot in front. Low block with the right hand inner block with the left.
14. Step the left foot to the left into front stance left foot in front. High block with the left hand. Side kick with the right leg, extending the right arm to create a target for an elbow with the left hand as you land in front stance right foot in front.
15. Step the right foot behind you into front stance right foot in front. High block with the right hand. Side kick with the left leg, extending the left arm to create a target for an elbow with the right hand as you land in front stance left foot in front.
16. Step the left foot to the back into front stance, left foot in front. Low block with the left hand, inner block with the right.
17. Front kick with the right leg, hopping forwards, landing the kicking foot straight and bringing the back leg behind the kicking leg into a cross-leg stance as you do a backfist to the nose with your right hand and kihap.