

Hwa-Rang

Step to left wall into horse stance

Aim with right hand, press block with left hand to the right

Punch with the right hand, punch with the left hand

Load hands on left side, chair block to the right

Aim with the right hand, inward hammer fist with the left hand

Bring right hand back to load, then punch with right hand

Step back with right foot, then downward chop, grab with right hand

Step forward with left foot and punch with left hand

Step back with left foot to front wall to down block

Aim with the left hand, step with right foot and punch with right hand

#1 side kick with right foot, land in back stance, outward chop

Step punch one, step punch two

Set sudo, turning to the right toward the right wall to sudo block

Step with right foot, spear thrust with the right hand

Set sudo, turning to the left toward the left wall to sudo block

#2 round kick with right, #2 round kick with left, land in back stance sudo position

Step back with right foot to back wall, down block with left hand

Pull back with hands and left foot to middle punch with right hand

Step forward with right foot to middle punch with left hand

Step forward with left foot to middle punch with right hand

Step out with left foot to front stance, low x block

Left foot leg sweep, landing in horse stance with left foot to front wall, twin elbow

Step back with left foot 180, out block one, outward block two, outward block three

Step to left wall with left foot into back stance and sudo

Step, step right to right wall into back stance and sudo

Back to ready position