

Ji-Yu

Step out to the left wall, left hand knife hand block
Right hand punch
Slide back to ready position
Step out to right wall, right hand knife hand block
Left hand punch
Slide right foot back, step out with the left foot
Going forward, left hand knife hand block
Right hand punch
Slide forward right foot, right hand knife and block
Left hand punch
Left foot #2 Front kick
Back fist (left hand), reverse punch combo
Slide right foot back to right wall, right hand knife hand block
Left hand punch
Right foot slides back
Step out to left wall, left hand knife hand block
Right hand punch
Left foot slides back in, right foot steps forward
Going forward, right hand knife hand block
Left hand punch
Left foot steps forward, left hand knife hand block
Right hand punch
Right foot #2 front kick
Right hand back fist, left hand reverse punch
Left foot slides back around facing forward
Step out to left wall, left hand knife hand block
Right hand punch
Left foot slides back in
Step out to right wall, right hand knife hand block
Left hand punch
Step back into ready position