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 front 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 front stance, left middle punch.
6. Moving left foot, turn 90 to left into left walking stance, right inside middle block.
7. Step forward with right foot into right walking stance, left inside middle block.
8. Moving left foot, turn 90 to left into left walking stance, left low block.
9A. Without moving left foot, right front kick.
9B. Step down into right front stance, right high punch.
10. Moving right foot 180 to right into right walking stance, right low block.
11A. Without moving right foot, left front kick.
11B. Step down into left front stance, left high punch.
12. Moving left foot 90 to left into left walking stance, left high block.
13. Step forward with right foot into right walking stance, right high block.
14. Moving left foot 270 to left into left walking stance, right inside middle block.
15. Turn 180 to right and slide right foot into right walking stance, left inside middle block.
16. Moving left foot 90 to left into left walking stance, left low block.
17A. Without moving left foot, right front kick.
17B. Step down into right walking stance, right middle punch.
18A. Without moving right foot, left front kick.
18B. Step down into left walking stance, left middle punch.
19A. Without moving left foot, right front kick.
19B. Step down into right walking stance, right middle punch (kihap).
20. Return to ready stance by moving left foot.