



CHON JI

Parallel Ready Stance-Start Facing D

1. Move left foot to B left walking stance outer forearm low block.
2. Move right foot to B right walking stance middle obverse punch.
3. Move right foot to A right walking stance outer forearm low block.
4. Move left foot to A left walking stance middle obverse punch.
5. Move left foot to D left walking stance outer forearm low block.
6. Move right foot to D right walking stance middle obverse punch.
7. Move right foot to C right walking stance outer forearm low block.
8. Move left foot to C left walking stance middle obverse punch.
9. Move left foot to A right L-stance inner forearm middle reverse block.
10. Move right foot to A right walking stance middle obverse punch.
11. Move right foot to B left L-stance inner forearm middle reverse block.
12. Move left foot to B left walking stance middle obverse punch.
13. Move right foot to C right L-stance inner forearm middle reverse block.
14. Move right foot to C right walking stance middle obverse punch.
15. Move right foot to D left L-stance inner forearm middle reverse block.
16. Move left foot to D left walking stance middle obverse punch.
17. Move right foot to D right walking stance middle obverse punch.
18. Move right foot to C left walking stance middle obverse punch.
19. Move left foot to C right walking stance middle obverse punch.
20. END - Bring left foot back to parallel ready stance.