



## CHOONG MOO

Parallel Ready Stance-Starts On C Facing D.

1. Left foot to B right L-stance twin knifehand block.
2. Right foot to B right walking stance high front strike (inwards) with right knifehand bringing left back hand in front of forehead laterally.
3. Right foot to A left L-stance knifehand middle guarding block.
4. Left foot to A left walking stance high thrust left flat fingertip.
5. Left foot to D right L-stance knifehand middle guarding block.
6. Form a left bending ready stance A facing C.
7. Middle side piercing kick to C right foot.
8. Lower foot to C right L-stance towards D knifehand middle guarding block.
9. Flying side piercing kick to D right foot in a double motion and land to D left L-stance knifehand middle guarding block.
10. Left foot to E right L-stance outer forearm low block (reverse).
11. Extend both hands upwards slipping left foot into walking stance.
12. Kick upwards with right knee while pulling both hands downwards.
13. Lower right foot to left foot, move left foot to F left walking stance high reverse knifehand strike.
14. High turning kick to F with the right foot.
15. Place right foot next to left foot and execute a back side kick to F with the left foot.
16. Land with middle forearm guarding block left L-stance to E.

17. Kick towards D with middle turning kick then lower foot to right foot.
  18. Execute a U-shape block to C in a fixed stance.
  19. Jump and turn anti-clockwise landing on the same spot with knifehand guarding block.
  20. Step forwards into left walking stance low upset fingertip thrust.
  21. Pull the left foot back into right L-stance high backfist strike with the hand and low block with the left forearm.
  22. Step forwards right walking stance middle spear fingertip thrust.
  23. Turn anti-clockwise towards B left walking stance middle forearm guarding block.
  24. Move right foot towards B forming a sitting stance towards C and execute a middle outer forearm block with the right hand then back fist strike with the same hand.
  25. Turn towards A and execute a middle side kick with the right leg.
  26. Lower the right foot and execute a middle side kick with the left foot.
  27. Lower the left foot then the opposite direction in a left L-stance making a knifehand checking block.
  28. Step forwards into a left walking stance twin upward palm heel block.
  29. Turn around towards A and execute a right forearm rising block.
  30. Execute a middle reverse punch with the left fist.
- END - Move the left foot back to Parallel Ready Stance.