

**PROMOTION TEST STUDY GUIDE
2ND DEGREE BLACK BELT TO 3RD DEGREE**

FORM

Name- **EUI-AM**

Meaning- is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

Name- **CHOON-JANG**

Meaning- is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Name- **KO-DANG (original form in ITF - alternate form)**

Meaning- Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.

Name- **JUCHE (replaced Ko-Dang)**

Meaning- is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.

FOOT AND HAND TECHNIQUES:

<i>COMBINATION TECHNIQUES</i>	<i>TECHNIQUES</i>	<i>HAND/ FOOT TECHNIQUES</i>	<i>SPARRING</i>
Hand/ foot techniques freestyle down floor	Offensive moves in order	Triple combinations of hand and foot	Know 10 three step
	Defensive moves in order		No contact free sparring - 1 on 1
			No contact free sparring - 2 on 1

DEMONSTRATE: Explain and demonstrate any technique and use any form technique in a attack or defense situation with or without weapons with take down.

SELF-DEFENSE: 10 self defense moves with takedowns set as a continuous routine using one or two partners and learned weapons

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WEAPONRY: Demonstrate 3 weapons of choice

BREAKING: 8 - 10 boards - one step side, one roundhouse, one palm punch, elbow strike, reverse knifehand, side hammer fist strike, crescent kick, jump front kick, jump side, swing kick. (need at least 2 power break- 2- 3 boards)

Any technique asked by Masters. Bricks are optional

TERMINOLOGY: Brief history of Tae Kwon Do (know long history)

Brief philosophy of Tae Kwon Do (know long philosophy)

Name each form- know it's meaning, and number of movements

Meaning of the American and Korean flags

Name each kick in English and Korean

Name each hand technique in English and Korean

Prepare a one page paper explaining your Tae Kwon Do involvement and goals.

PRACTICE: 3 YEARS OF TRAINING IS REQUIRED BETWEEN SECOND DEGREE AND THIRD DEGREE BLACK BELT TESTING

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OPEN A CLASS IN KOREAN

<i>JEJA'S CHUL SA -</i>	Student's line up
<i>AHN YOUNG HA SAY YO -</i>	Good morning, Good afternoon, Good evening
<i>CHA RUTT-</i>	Attention
<i>BOW TO THE FLAGS -</i>	Gook gi Charyot Kong ye
<i>BOW TO THE INSTRUCTOR-</i>	Yu Gup Cha Nim Charyot Kong ye (class leader below rank of black belt) Ja Di Nim (Brownbelt is class instructor) Sasung nim geh , Charyot Kyong ye (Grand Master)
<i>BOW TO THE BLACK BELTS-</i>	Udunjanim Charyot Kong ye (black belt no degree considered) Jo Kyo Nim Charyot Kong ye (1st degree) Kyo Sa Nim Charyot Kong ye (2nd degree) Pu Sabum Nim Charyot Kong ye (3rd degree)
<i>BOW TO THE HIGH BELT-</i>	Dahn bo nim Charyot Kong ye (brown/black tip) Ja Di Charyot Kong ye (brown belt) Yu Gup Cha Charyot Kong ye (holder of rank below black)
<i>JUNBI -</i>	Ready

CLOSE A CLASS (all of the above starting with attention with the following closing dismissal)

<i>CO MOP SIM NEE DAH JEJA'S-</i>	Thank you students (class response-- CON SA HOM NEE DHA-- Thank you for teaching us)
<i>AHN YOUNG HEE KAY SAY YO-</i>	Go in peace

TENANT OF TAE KWON DO

The tenants of Tae Kwon Do are a student's aim or goals. The tenants should be memorized along with their meaning.

1. Courtesy (Ye Lu)- To be polite to one another and show respect
2. Integrity (Yom Chi)- Honesty- knowing right from wrong and doing right
3. Perseverance (In Nae)- Never give up
4. Self-control (Guk Gi)- To control your emotions, physical abilities and actions
5. Indomitable spirit (Baekjul Boolgool)- Unable to be tamed or conquered

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TAE KWON DO OATH

1. I shall observe the tenants of Tae Kwon Do
2. I shall respect my instructors and seniors
3. I shall never misuse Tae Kwon Do
4. I shall be a champion of freedom and justice
5. I shall help to build a more peaceful world

HWRANG-DO 5 POINT CODE OF CONDUCT

1. Be loyal to your king
2. Be obedient to your parents
3. Be honorable to your friends
4. Never retreat in battle
5. Make a just kill

THEORY OF POWER (learn words in bold)

1. **Reaction Force**- Newton's Law, every force has an equal and opposite force
2. **Concentration**- Applying the impact force to the smallest target area, will concentrate the force and increase it's effect
3. **Equilibrium**- balance- Balance is of utmost importance, by keeping the body well balanced a blow is more effective and deadly- an unbalanced one is easily toppled. The stance should always be stable yet flexible
4. **Breath Control**- Controlled breathing not only affects one's stamina but can also condition a body to receive a blow and augment the power of a blow directed against an opponent
5. **Mass**- Maximum energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow
6. **Speed**- Speed is the most essential factor of force. Reaction force, breath control, equilibrium, concentration and relaxation of muscles are the factors that contribute to speed

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**EUI-AM
Movements – 45**

Ready Posture - CLOSED READY STANCE D

Feet together, fists at sides in ready position

- 1.** Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
- 2.** Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
- 3.** Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
- 4.** Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
- 5.** Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
- 6.** Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
- 7.** Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
- 8.** Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
- 9.** Execute a middle reverse turning kick to AC with the right foot.
- 10.** Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
- 11.** Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
- 12.** Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.
- 13.** Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.

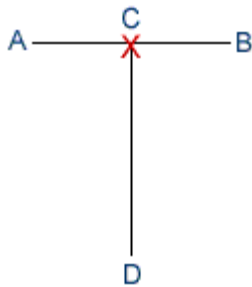
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- 14.** Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
- 15.** Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.
- 16.** Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.
- 17.** Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
- 18.** Lower the right foot to C forming a right walking stance toward C while executing a downward block with an x-fist.
- 19.** Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.
- 20.** Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
- 21.** Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
- 22.** Execute a middle reverse turning kick to AD with the left foot.
- 23.** Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.
- 24.** Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
- 25.** Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.
- 26.** Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
- 27.** Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.
- 28.** Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
- 29.** Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
- 30.** Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
- 31.** Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.

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- 32.** Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
 - 33.** execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
 - 34.** Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
 - 35.** Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
 - 36.** Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
 - 37.** Execute a high reverse turning kick to BD with the right foot.
 - 38.** Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
 - 39.** Execute a high reverse turning kick to AD with the left foot.
 - 40.** Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
 - 41.** Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.
 - 42.** Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
 - 43.** Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
 - 44.** Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
 - 45.** Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- END:** Bring the right foot back to a ready posture.

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CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

CHOONG-JANG
Movements - 52

Ready Posture - CLOSED READY STANCE A

Right fist covered by left open hand (palm down) at nose level

- 1.** Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
- 2.** Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
- 3.** Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
- 4.** Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
- 5.** Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
- 6.** Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
- 7.** Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
- 8.** Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
- 9.** Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 10.** Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
- 11.** Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.
- 12.** Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
- 13.** Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
- 14.** Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.

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- 15.** Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
- 16.** Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
- 17.** Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
- 18.** Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
- 19.** Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
- 20.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 21.** Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
- 22.** Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
- 23.** Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
- 24.** Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
- 25.** Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
- 26.** Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.
- 27.** Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
- 28.** Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
- 29.** Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.
- 30.** Punch the left palm with the right fist while maintaining a right L-stance toward C.
- 31.** Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.
- 32.** Punch the right palm with the left fist while maintaining a left L-stance toward C.

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- 33.** Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.
- 34.** Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
- 35.** Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.
- 36.** Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
- 37.** Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.
- 38.** Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
- 39.** Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
- 40.** Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
- 41.** Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
- 42.** Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
- 43.** Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
- 44.** Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
- 45.** Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.
- 46.** Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
- 47.** Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.
- 48.** Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
- 49.** Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
- 50.** Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.

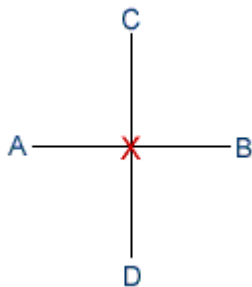
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51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.

52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

END: Bring the left foot back to a ready posture.

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KO-DANG

Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.

Ko-Dang

39 moves

Closed Ready Stance C (Moa chunbi sogi "C")

Feet together, left open hand (palm down) on top of right open hand (palm down) at belt-knot level

1. Move the right foot to AC to form a sitting stance toward AD, at the same time executing a middle pushing block to AD with the left palm.
2. Execute a middle punch to AD with the right fist, maintaining a sitting stance toward AD.
3. Move the right foot on line CD, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a low block to AD with the right outer forearm and a middle side block to D with the left inner forearm, maintaining a right L-stance toward D.
5. Move the left foot to BC forming a sitting stance toward BD, at the same time executing a middle pushing block to BD with the right palm.
6. Execute a middle punch to BD with the left fist, maintaining a sitting stance toward BD.
7. Move the left foot on line CD, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
8. Execute a low block to BD with the left outer forearm and a middle side block to D with the right inner forearm, maintaining a left L-stance toward D.
9. Turn the face toward C forming a left bending ready stance B toward D.
10. Execute a middle back piercing kick to C with the right foot.
11. Lower the right foot to C, forming a right L-stance toward D while executing a middle block to D with the left knife hand
12. Turn the face toward C forming a right bending ready stance B toward D.
13. Execute a middle back piercing kick to C with the left foot.
14. Lower the left foot to C, forming a left L-stance toward D while executing a middle block to D with the right knife hand
15. Move the right foot to C, forming a right L-stance toward D while executing a downward thrust to D with the left straight elbow.

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16. Move the left foot to C, forming a left L-stance toward D while executing a downward thrust to D with the right straight elbow.
 17. Move the left foot to D to form a left walking stance toward D while executing a pressing block to D with the right palm.
 18. Move the right foot to D to form a right walking stance toward D while executing a pressing block to D with the left palm.
 19. Move the right foot to C forming a right L-stance toward D, while executing a downward block to D with the left outer forearm.
 20. Move the right foot to D forming a left L-stance toward D, while executing a downward block to D with the right outer forearm.
 21. Move the left foot to D, forming a right rear foot stance toward D, at the same time executing an upward block to D with the left palm.
 22. Move the right foot to D, forming a left rear foot stance toward D, at the same time executing an upward block to D with the right palm.
 23. Move the right foot to C, forming a right rear foot stance toward D, and then execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 22.
- Perform 24 and 25 in a continuous motion:
24. Lower the left foot to D, forming a left walking stance toward D while executing a high inward strike to D with a twin knife-hand.
 25. Execute a rising block with the left knife hand, maintaining a left walking stance toward D
 26. Execute a low guarding block to D with a knife hand, while forming a right L-stance toward D, pulling the left foot.
 27. Execute a downward punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.
 28. Move the left foot to the side rear of the right foot and then slide to C, forming a right L-stance toward D while executing a middle guarding block to D with a knife hand.
 29. Jump and land on the same spot, forming a right L-stance toward D while executing a middle guarding block to D with a knife hand.
 30. Jump to D to form a right X-stance toward BD, while executing a high side strike to D with the right back fist.
 31. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high side block to C with the left outer forearm.
 32. Move the left foot on line CD, forming a right walking stance toward D while executing a high side block to D with the right outer forearm.

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33. Move the left foot to D, forming a right L-stance toward D, at the same time executing an upset punch to D with the right fist and bringing the left side fist in front of the right shoulder.

34. Execute a middle hook kick to A with the right foot.

35. Lower the right foot to A, forming a left L-stance toward A while executing a high cross cut to A with the right flat finger tip.

36. Bring the right foot to the left foot and then execute a middle hook kick to B with the left foot.

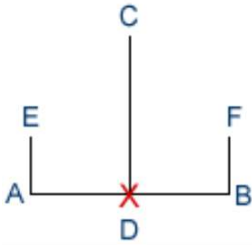
37. Lower the left foot to B, forming a right L-stance toward B, at the same time executing a high cross cut to B with the left flat finger tip.

38. Bring the left foot to the right foot, and then move the right foot to A forming a left L-stance toward A, at the same time executing a high guarding block to A with a knife hand.

39. Bring the right foot to the left foot, and then move the left foot to B forming a right L-stance toward B, at the same time executing a high guarding block to B with a knife hand.

END: Move the left foot to a ready stance C facing D.

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JUCHE is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.

JUCHE

Movements - 45

Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW

Feet apart in ready stance, fist held at hips, fingers downward

- 1.** Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
- 2.** Execute a middle hooking block to D with the right palm while standing up toward D.
- 3.** Execute a middle punch to D with the left fist while forming a sitting stance toward D.
- 4.** Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
- 5.** Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
- 6.** Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
- 7.** Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
- 8.** Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
- 9.** Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
- 10.** Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
- 11.** Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- 12.** Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.

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- 13.** Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.
- 14.** Execute a middle hooking block to D with the left palm while standing up toward D.
- 15.** Execute a middle punch to D with the right fist while forming a sitting stance toward D.
- 16.** Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
- 17.** Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.
- 18.** Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
- 19.** Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
- 20.** Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.
- 21.** Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
- 22.** Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.
- 23.** Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 24.** Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
- 25.** Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
- 26.** Bring the right foot to the left foot forming a closed stance with a heaven hand toward D. Perform in slow motion.
- 27.** Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
- 28.** Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
- 29.** Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
- 30.** Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.

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- 31.** Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.
 - 32.** Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
 - 33.** Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.
 - 34.** Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
 - 35.** Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
 - 36.** Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
 - 37.** Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
 - 38.** Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
 - 39.** Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.
 - 40.** Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
 - 41.** Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
 - 42.** Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.
 - 43.** Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
 - 44.** Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.
 - 45.** Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the right foot back to a ready posture.