

White Belt (W10)

Turn to your left, Low Block

(Easy stance, left hand low block)

Step forward, Low Block

(Right leg step forward, Easy stance, right hand low block)

Turn to your right, Low Block

(Easy stance, right hand low block)

Step forward, Low Block

(Left leg step forward, Easy stance, left hand low block)

Turn to your left, cross Block

(Move Left leg, Easy stance, both hand cross block)

Change Stance, cross Block

(Jump & switch both legs, with Right leg in front now after the switch)

High Raising Kick, pull back, Cross block (1)

(Left leg high raising kick, land behind, both hands cross block)

High Raising Kick, pull back, Cross block (2)

(Left leg high raising kick, land behind, both hands cross block)

High Raising Kick, pull back, Cross block (3)

(Left leg high raising kick, land behind, both hands cross block)

Change Stance, cross Block

(Jump & switch both legs, with left leg in front now after the switch)

High Raising Kick, pull back, Cross block (1)

(Right leg high raising kick, land behind, both hands cross block)

High Raising Kick, pull back, Cross block (2)

(Right leg high raising kick, land behind, both hands cross block)

High Raising Kick, pull back, Cross block (3)

(Right leg high raising kick, land behind, both hands cross block)

Left leg Horse stance, Left Hand Punch, Double Punch

(Shift leg, horse stance, left hand punch. Right, Left hand punch)

Jump, Guarding Block. **"SHOUT"**

(Jump up, easy stance, guarding block)

Stay there wait for "Paroh".

(Right Leg shift forward and "Chun Bi")