

BASIC FORM #2

TURN LEFT 90 LEFT HIGH STANCE LEFT LOW BLOCK
STEP FORWARD INTO A RIGHT HIGH STANCE RIGHT MIDDLE PUNCH

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT HIGH BLOCK
STEP FORWARD INTO A LEFT HIGH STANCE LEFT HIGH PUNCH

TURN LEFT 90 LEFT HIGH STANCE LEFT LOW BLOCK
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH
MOVING FORWARD LEFT HIGH STANCE LEFT MIDDLE PUNCH
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH (YELL)

TURN LEFT 270 INTO A LEFT HIGH STANCE
RIGHT MIDDLE OUTSIDE BLOCK
MOVING FORWARD RIGHT HIGH STANCE
LEFT MIDDLE OUTSIDE BLOCK

TURN RIGHT 180 RIGHT HIGH STANCE
LEFT MIDDLE OUTSIDE BLOCK

MOVING FORWARD LEFT HIGH STANCE
RIGHT MIDDLE OUTSIDE BLOCK

TURN LEFT 90 LEFT HIGH STANCE LEFT / RIGHT BACK FISTS

MOVING FORWARD RIGHT FRONT SNAP KICK
MOVING FORWARD LEFT FRONT SNAP KICK
MOVING FORWARD RIGHT FRONT SNAP KICK

TURN LEFT 270 LEFT HIGH STANCE LEFT IN TO OUT BLOCK
MOVING FORWARD RIGHT HIGH STANCE RIGHT OUT TO IN BLOCK

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT IN TO OUT BLOCK
MOVING FORWARD LEFT HIGH STANCE LEFT OUT TO IN BLOCK (YELL)