

TO HYUNG (EARTH)

From Closed Chumbi Position

To right side: Left foot steps back into right Front Stance (facing right), Open Hand Inward Block, Rear Inward Punch, Front Upward Punch, Rear Open Hand Body Block, Front Leg Heel Kick, Front Inward Punch, Rear Inward Punch, Front Vertical Round Punch, Dodge, Front Vertical Round Punch (defensive).

To left side: Pivot on the left foot and step with right foot into a left front stance facing left, Open Hand Inward Block, Rear Inward Punch, Front Upward Punch, Rear Open Hand Body Block, Front Leg Heel Kick, Front Inward Punch, Rear Inward Punch, Front Vertical Round Punch, Dodge, Front Vertical Round Punch (defensive).

To front: Turn to the right into a right front stance, Open Hand Inward Block, Rear Inward Punch, Double Forearm Block to the left, Rear Inward Punch, Rear Double Reverse Swing Kick (land in left Front Stance), Rear Inward Punch.

To front: Open Hand Inward Block, Rear Inward Punch, Double Forearm Block to the right, Rear Inward Punch, Rear Double Reverse Swing Kick (land in right Front Stance), Rear Inward Punch.

To front: Front Leg Side Kick (land in right Sitting Stance), Front Knife Hand Strike, Front Leg Reverse Swing Kick / Swing Kick (land in right Front Stance), Front Inward Punch, Rear Inward Punch, Front Round Punch (defensive).

To rear: Turn to face the rear (feet remain in place), Front Leg Side Kick (land in left Sitting Stance), Front Knife Hand Strike, Front Leg Reverse Swing Kick / Swing Kick (land in left Front Stance), Front Inward Punch, Rear Inward Punch, Front Round Punch (defensive).

To rear: Front Leg Swing Kick (instep), Spinning Reverse Swing Kick (land in right Front Stance), Front Knife Hand Strike, Rear Inward Punch, Inward Block, Front Leg Swing Kick (instep), Spinning Reverse Swing Kick (land in left Front Stance), Knife Hand Strike, Rear Inward Punch, Inward Block, Rear Inward Punch, Front Round Punch / Front Knife Hand Strike, Rear Inward Punch, Dodge, Rear Inward Punch, Front Reverse Knife Hand Strike (defensive).

To front: Two step turn into a right front stance facing front, Rear Inward Punch, Front Round Punch / Front Knife Hand Strike, Rear Inward Punch, Dodge, Rear Inward Punch, Front Reverse Knife Hand Strike (offensive).

Front foot steps back to rear foot to Paro.