

White #1 Three-step

step back L block
Step back R block
step R 45 degrees
L Block / R Punch Stomach
L Block / R Punch Face (KiHap)

Yellow #1 One-step

L Block / R Punch Stomach
L Block / R Punch Face
L Grab, R Step Back
R Front Kick Stomach (Kihap)

Orange #1 One-step

L Block / R Punch Stomach
L Block / R Punch Face
L Grab, R Step Back
R Roundhouse Face (Kihap)

Green #1 One-step

L Block / R Punch Stomach
L Block / R Punch Face
L Grab & Twist, R Step Back
R Front Snap Kick Stomach
R Roundhouse Face (Kihap)
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White #2

step back L block
Step back R block
step R 45 degrees
L block / R knife strike neck
L grab punching hand
R grab neck, pull down
R knee to stomach

Yellow #2

step right, feet together
R jump front snap - face
R punch then L punch

Orange #2

step right
(feet together)
R jumping front snap kick
L punch then R punch - chest
L punch - face

Green #2

(take down)
L forearm block
R strike neck, from left side
R grab neck, pressure point
R push neck down using p.p.
L twist arm up and over
R kick - chest
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White #3

step back L block
Step back R block
step R 45 degrees
R outside-inside block
step through
L elbow - Solar plexus

Yellow #3

R outside-inside block
L elbow strike - Solar plexus
R elbow strike - ribs

Orange #3

R outside-inside block
L elbow strike
R elbow strike
L grab wrist

R reach back - grab pit
R leg sweep
R puch armpit down
R kick - chest

Green #3

(take down)
L forearm block
R strike ankle tendon
R pull ankle up
R kick - chest

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White #4

step back L block
Step back R block
step R 45 degrees
 then step between legs
L grab wrist
pull wrist - R elbow strike - pit
pull wrist - R backfist to face

Yellow #4

Step left
L palm thrust - elbow
R punch then L punch - ribs
R roundhouse - stomach

Orange #4

Step Left
L palm thrust - elbow
R punch then L punch - ribs
R punch - head
roundhouse kick - head

Green #4

L inside-outside kick - arm
R roundhouse kick - head

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White #5

(take down)
step back L block
Step back R block
step R 45 degrees
grab wrist L hand
step through
R grab elbow
twist wrist, pull down - elbow to waist
step left foot forward to front stance
 raise elbow - sweep with R foot
R kick then R punch chest

Yellow #5

L forearm block
step through - lock knees
R under elbow, L grab L fist
pull right elbow to hip
step forward with the left foot into a front stance
sweep with the right lef while raising the right elbow
R kick - chest

Orange #5

(take down)
step Left
spin Right
 elbow strike - back
R reach through - grab pit
leg sweep

Green #5

R inside-outside kick - arm
L roundhouse kick - head

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White #6

step back L block
Step back R block
step Left
L palm thrust - wrist
R punch, then L punch

Yellow #6

L reverse kick

Orange #6

L spinning wheel kick

Green #6

L jumping reverse kick
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White #7

step back L block
Step back R block
step Left
R grab wrist
L grab armpit
pull hand behind back
push armpit down
R knee to stomach

Yellow #7

R reverse kick

Orange #7

R spinning wheel kick

Green #7

R jumping reverse kick