

Choi-Yong Step by Step

Ready posture: close ready stance C

1. rear foot stance while executing a middle guarding block with the forearm
2. rear foot stance while executing a high punch with middle knuckle fist
3. rear foot stance while executing a middle guarding block with the forearm
4. rear foot stance while executing a high punch with middle knuckle fist
5. walking stance while executing a rising block with a knife-hand
6. walking stance while executing a circular block with the inner forearm
7. walking stance while executing a front punch
8. walking stance while executing a rising block with a knife-hand
9. walking stance while executing a circular block with the inner forearm
10. walking stance while executing a front punch
11. L stance while executing a low guarding block with the knife-hand
12. a middle turning kick
13. a high reverse hooking kick
14. a middle side piercing kick
13. - 14. consecutive kick
15. walking stance while executing a strike with the front elbow
16. L stance while executing a low guarding block with the knife-hand
17. a middle turning kick
18. a high reverse hooking kick
19. a middle side piercing kick
18. - 19. consecutive kick
20. walking stance while executing a strike with the front elbow
21. walking stance while executing a pressing block with the palm
22. walking stance while executing a pressing block with the palm
21. - 22. fast motion
23. double stepping turn forming walking stance while executing a W-shape block with the knife-hand
24. a middle front snap kick
Keep the position of the hands as they were in 23.
25. L stance while executing a middle guarding block with the forearm
26. walking stance while executing a W-shape block with the knife-hand

27. a middle front snap kick
Keep the position of the hands as they were in 26.
28. L stance while executing a middle guarding block with the forearm
29. double stepping turn and slid backward forming L stance while executing a middle guarding block with the forearm
30. walking stance while executing a high thrust with the flat finger tip
31. walking stance while executing a high thrust with the flat finger tip
32. parallel stance while executing a middle hooking block with the palm
33. parallel stance while executing a front punch
34. bending ready stance A
35. a middle side piercing kick
36. jump forming X stance while executing a high side strike with the back fist
37. a high reverse hooking kick
38. stamping motion forming L stance while executing a middle outward strike
39. parallel stance while executing a middle hooking block with the palm
40. parallel stance while executing a front punch
41. bending ready stance A
42. a middle side piercing kick
43. jump forming X stance while executing a high side strike with the back fist
44. a high reverse hooking kick
45. stamping motion forming L stance while executing a middle outward strike
46. slide forming fixed stance while executing a punch

Ready posture: close ready stance C