

## Juche Step by Step

### **Ready posture: parallel stance with a twin side elbow**

1. sitting stance while executing a parallel block with the inner forearm
2. sitting stance while executing a middle hooking block with the palm
3. sitting stance while executing a front punch
4. one-leg stance while executing a parallel block with the outer forearm
5. a middle side piercing kick, a high reverse hooking kick  
5. consecutive kick  
5. slow motion  
Keep the position of the hands as they were in 4.
6. jump forming X stance while executing a downward strike with the back fist
7. a middle hooking kick, a high side piercing kick  
7. consecutive kick  
Pull both fists in front of chest.
8. stamping motion forming sitting stance while executing a high side cross-cut with the flat fingertip
9. walking stance while executing a reverse high elbow strike
10. X stance while executing a reverse low front block with the reverse knife-hand
11. L stance while executing a middle guarding block
12. a mid-air strike with a knife-hand
13. sitting stance while executing a parallel block with the inner forearm
14. sitting stance while executing a middle hooking block with the palm
15. sitting stance while executing a front punch
16. one-leg stance while executing a parallel block with the outer forearm
17. a middle side piercing kick, a high reverse hooking kick  
17. consecutive kick  
17. slow motion  
Keep the position of the hands as they were in 16.
18. jump forming X stance while executing a downward strike with the back fist
19. a middle hooking kick, a high side piercing kick  
19. consecutive kick  
Pull both fists in front of chest.
20. stamping motion forming sitting stance while executing a high side cross-cut with the flat fingertip
21. walking stance while executing a reverse high elbow strike
22. X stance while executing a reverse low front block with the reverse knife-hand

23. L stance while executing a middle guarding block
24. a mid-air strike with a knife-hand
25. a pick-shape kick, rear foot stance while executing a middle guarding block with the forearm
26. close stance with a heaven hands  
26. slow motion
27. slide forming rear foot stance while executing a reverse downward thrust with a straight elbow
28. walking stance while executing a reverse high crescent strike with the arc-hand
29. slide forming rear foot stance while executing a reverse downward thrust with a straight elbow
30. walking stance while executing a reverse high crescent strike with the arc-hand
31. walking stance while executing a high inward strike with a twin knife-hands
32. walking stance while executing a reverse downward punch with the fist
33. turning and then double stepping backward slide forming L stance while executing a reverse downward block with the outer forearm
34. a reverse turning kick while flying away, L stance while executing a middle guarding block with the forearm
35. turning and then double stepping backward slide forming L stance while executing a reverse downward block with the outer forearm
36. a reverse turning kick while flying away, L stance while executing a middle guarding block with the forearm
37. triple stepping forward forming a flying two direction kick  
Twisting kick with the left, side kick with the right foot.
38. diagonal stance while executing a rising block with a twin palm
39. slide forming rear foot stance while executing a thrust with the side elbow
40. bending ready stance B , a back piercing kick  
40. slow motion
41. stamping motion forming L stance while executing a reverse horizontal strike with the back fist
42. parallel stance while executing a high inward cross-cut with the flat fingertip
43. a flying consecutively punches  
43. consecutive kick
44. walking stance while executing a reverse front downward strike with the knife-hand
45. walking stance while executing a reverse middle punch

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