

Moon-Moo Step by Step

Ready posture: parallel ready stance

1. bending ready stance A
1. slow motion
2. a high side piercing kick
2. slow motion
3. a high side piercing kick
2. - 3. consecutive kick
4. sitting stance while executing a middle thrust with the flat finger tip
5. a high reverse hooking kick
5. slow motion
6. jump forming X stance while executing a middle outward strike
7. walking stance while executing a pressing block with the palm
8. walking stance while executing a pressing block with the palm
9. one-leg stance while executing a low side block with the knife-hand and high reverse side block with the knife-hand
9. slow motion
10. bending ready stance A
10. slow motion
11. a high side piercing kick
11. slow motion
12. a high side piercing kick
11. - 12. consecutive kick
13. sitting stance while executing a middle thrust with the flat finger tip
14. a high reverse hooking kick
14. slow motion
15. jump forming X stance while executing a middle outward strike
16. walking stance while executing a pressing block with the palm
17. walking stance while executing a pressing block with the palm
18. one-leg stance while executing a low side block with the knife-hand and high reverse side block with the knife-hand
18. slow motion
19. bending ready stance B
20. a high back piercing kick
20. slow motion
21. walking stance while executing a reverse middle punch

22. bending ready stance B
23. a high back piercing kick
23. slow motion
24. walking stance while executing a reverse middle punch
25. slide forming rear foot stance while executing a reverse downward block with the palm
26. a side front snap kick
Keep the position of the hands as they were in 25.
27. stamping motion forming sitting stance while executing a middle side strike with the side fist
28. slide forming sitting stance while executing a scooping block with a palm
29. sitting stance while executing a front punch
28. - 29. connecting motion
30. sitting stance while executing a low side block with the knife-hand
31. a middle side pushing kick
32. a high reverse turning kick
33. walking stance while executing a high side block with the knife-hand
34. slide forming rear foot stance while executing a reverse downward block with the palm
35. a side front snap kick
Keep the position of the hands as they were in 34.
36. stamping motion forming sitting stance while executing a middle side strike with the side fist
37. slide forming sitting stance while executing a scooping block with a palm
38. sitting stance while executing a front punch
37. - 38. connecting motion
39. sitting stance while executing a low side block with the knife-hand
40. a middle side pushing kick
41. a high reverse turning kick
42. walking stance while executing a high side block with the knife-hand
43. a high twisting kick
44. walking stance while executing a reverse side back strike with the back fist
45. slide forming walking stance while executing a reverse front strike with the back fist
46. a high twisting kick
47. walking stance while executing a reverse side back strike with the back fist
48. slide forming walking stance while executing a reverse front strike with the back fist
49. a sweeping kick, L stance while executing a middle guarding block with the forearm
Keep the position of the hands as they were in 48.

50. a side checking kick, a middle side thrusting kick
49. - 50. consecutive kick
Keep the position of the hands as they were in 49/2.
51. L stance while executing a middle outward strike
52. a sweeping kick, L stance while executing a middle guarding block with the forearm
53. a side checking kick, a middle side thrusting kick
52. - 53. consecutive kick
Keep the position of the hands as they were in 52/2.
54. L stance while executing a middle outward strike
55. double stepping turn forming walking stance while executing a reverse middle punch
56. jump forming X stance while executing a low punch
57. jump forming X stance while executing a low punch
58. a mid-air kick
59. L stance while executing a middle guarding block
60. double stepping backward forming walking stance while executing a reverse rising block with the left arc-hand
61. walking stance while executing a high punch

Ready posture: parallel ready stance