

Juche

12
9 3
6

1. Step toward 9 with your left foot into a horse stance - double high outside blocks - left hand middle punch.
2. Move your right foot to your left - raise your right foot up to a side kick chamber while executing double high inside blocks - right leg side kick position toward 3, slowly spinning backward toward 9 - right leg hook kick- Land with your right foot toward 9 into a X-stance - right hand backfist.
3. Left leg high outside crescent kick - rechamber - high side kick toward 6 landing toward 6 into a horse stance - left hand knifehand strike / right elbow strike toward 6.
4. Move your left foot across your in front of your right foot into an X-stance - low open-hand pressing block facing 9
5. Turning clockwise, step toward 3 into a right back stance - middle knifehand guarding block - jump & rotate counter-clockwise 180 degrees into a left back stance - left hand outside knifehand strike to the neck.
6. Stepping with your right foot toward 3 into a horse stance (facing 12) - double high outside blocks - left hand middle punch.
7. Move your left foot to your right - raise your left foot up to a side kick chamber while executing double high inside blocks - left leg side kick position toward 9, slowly spinning backward toward 3 - left leg hook kick - Land with your left foot toward 3 into a X-stance - left hand backfist.
8. Right leg high outside crescent kick - rechamber - high side kick toward 6 landing toward 6 into a horse stance - right hand knifehand strike / left elbow strike toward 6.
9. Move your right foot across in front of your left foot into an X-stance - low open hand pressing block facing 3
10. Turning counter-clockwise, step toward 3 into a left back stance - middle knifehand guarding block - jump & rotate clockwise 180 degrees into a right back stance - right hand outside knifehand strike to the neck.
11. Left leg axe kick toward 3 landing into a left back stance facing 3 - supported outside forearm block.
12. Move your right foot to your left foot and face 12 - power down, then bring both hands, open, to slightly above head level, palms forward. (as at the beginning and end of Koryo)
13. Step backward toward 6 with your left foot into a right back stance - right hand inside block - shift into a right front stance - reverse ridgehand strike to the neck.
14. Step backward toward 6 with your right foot into a left back stance - left hand inside block - shift into a left front stance - reverse ridgehand strike to the neck.

15. Step backward toward 6 with your left foot into a right front stance - double high inside knifehand block.
16. Step backward toward 6 with your right foot into a left front stance - reverse low punch.
17. Step backward toward 6 with your left foot into a right walking stance - step backward with your right foot into a left back stance - left downward hammerfist block.
18. Right leg jump (or regular) spin hook kick toward 12 – hold the kicking leg in the air for a beat – then landing your right foot in front in a back stance - supported outside forearm block toward 12.
19. Step backward toward 6 with your right foot into a left walking stance - step backward with your left foot into a right back stance - right downward hammerfist block.
20. Left leg jump (or regular) spin hook kick toward 12 – hold the kicking leg in the air for a beat – then landing your left foot in front - supported outside forearm block toward 12.
21. Stepping with your right foot - take 2 steps then 540 hook kick toward 12 (or jump snap/back kick combination toward 3 & 9) landing into a horse stance facing 12 - high crossing block.
22. Step with your right foot toward 12 into a back stance – stance facing 6 – looking over the shoulder right arm reverse elbow strike toward 12.
23. Move your left foot to your right while turning to face 6 - *Do the following together:* Slowly raise your left foot to a side kick chamber while bending your right leg and concentrated double low blocks toward 3 & 9 and looking over your left shoulder toward 12.
24. Concentrated left leg high side kick toward 12 - land toward 12 into a left back stance - left hand backfist.
25. Move your right foot forward into a ready position facing 12 - right ridgehand.
26. Jump and land into a attention stance – right verticle high punch to the face (while in the air) - right uppercut to the solar plexus (as you land).
27. Step toward 12 into a right front stance - left hand downward chop.
28. Step forward into a left front stance - reverse middle punch - Kihop.
29. Move your left foot backward to Junbi.