

BASIC FORM #1

TURN LEFT 90 LEFT HIGH STANCE LEFT LOW BLOCK
STEP FORWARD INTO A RIGHT HIGH STANCE RIGHT MIDDLE PUNCH

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT LOW BLOCK
STEP FORWARD INTO A LEFT HIGH STANCE LEFT MIDDLE PUNCH

TURN LEFT 90 LEFT HIGH STANCE LEFT LOW BLOCK
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH
MOVING FORWARD LEFT HIGH STANCE LEFT MIDDLE PUNCH
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH (YELL)

TURN LEFT 270 INTO A LEFT HIGH STANCE LEFT LOW BLOCK
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT LOW BLOCK
MOVING FORWARD LEFT HIGH STANCE LEFT MIDDLE PUNCH

TURN LEFT 90 LEFT HIGH STANCE LEFT LOW BLOCK
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH
MOVING FORWARD LEFT HIGH STANCE LEFT MIDDLE PUNCH
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH

TURN LEFT 270 LEFT HIGH STANCE LEFT LOW BLOCK
MOVING FORWARD RIGHT HIGH STANCE RIGHT MIDDLE PUNCH

TURN RIGHT 180 RIGHT HIGH STANCE RIGHT LOW BLOCK
MOVING FORWARD LEFT HIGH STANCE LEFT MIDDLE PUNCH (YELL)