



Darrin Hyung Ee

Darrin Hyung Ee



Begin in your ready stance facing 12:00.

- 1) **Step back with the right foot** (toward 4:00) into a left reverse front stance (facing 10:30) **and execute a twin knife hand high and low block.**
- 2) **Stepping with the left foot**, assume a left front stance (facing 10:30), and **execute a left high block** immediately followed by a **right reverse punch.**
- 3) Shift the right foot and take up a left back stance (facing 10:30) as you **deliver a left twin knife hand middle block.**
- 4) **Step back with the left foot** (toward 8:00) into a right reverse front stance (facing 1:30) **and execute a twin knife hand high and low block.**
- 5) **Stepping with the right foot**, assume a right front stance (facing 1:30), and **execute a right high block** immediately followed by a **left reverse punch.** Begin in your ready stance facing 12:00.
- 6) Shift the left foot and take up a right back stance (facing 1:30) as you **deliver a right twin knife hand middle block.**
- 7) **Step back with the right foot** (toward 6:00) into a left back stance (facing 12:00) **and execute a left outward middle block.**
- 8) **Step forward** (toward 12:00) with the right foot **and deliver a right inward knife hand strike.** Follow through and **spin** counter-clockwise, stepping with the left foot into a left front stance (facing 12:00) **and first execute a left outward knife hand strike** followed immediately by a **right reverse punch.**
- 9) **Step forward** with the right foot into a right front stance (facing 12:00) and execute a **right low block** immediately followed by a **right high block** and a **left reverse punch with a kiai.**
- 10) **Turn 180° to your left**, shifting the left foot, and take up a back stance (facing 6:00) **as you perform a left twin knife hand middle block.**
- 11) Pivoting on your left foot, **execute a right spinning crescent kick**, planting back to your original stance. Without hesitation, **turn 180° to your right and**, sliding your left foot to your right foot, **deliver a left inward elbow strike** to your right palm (toward 12:00) **and kiai.**
- 12) **Step with your left foot** behind your right (toward 3:00) and pivot on the balls of both feet 180° to your left into a ready stance (facing 6:00) **and perform simultaneous slow double low blocks**, your left hand toward 3:00, your right toward 9:00.
- 13) **Turn 90° to your left**, stepping with the left foot into a left front stance (facing 3:00) **and execute a left high block** immediately followed by a **right reverse punch.**
- 14) Step with the right foot and **turn 180° to the right** into a right front stance (facing 9:00) **and execute a left high block** immediately followed by a **right reverse punch.**

Darrin Hyung Ee



15) **Step with the left foot** toward 12:00 and turn 90° to your left, taking up a right back stance (facing 6:00) **as you execute a right outward middle block.**

16) **Step forward** (toward 6:00) with the left foot **and deliver a left inward knife hand strike.** Follow through and **spin** clockwise, stepping with the right foot into a right front stance (facing 6:00) **and first execute a right outward knife hand strike** followed immediately by a **left reverse punch.**

17) **Step forward** with the left foot **and execute a right outward crescent axe kick** (toward 6:00), planting forward into your right fighting stance **with a kiai.**

18) Pivoting on the right foot and stepping with the left foot, **turn 270° to the left,** taking up a left back stance (facing 9:00), **and execute a twin knife hand high block.**

19) Step with your right foot, **bringing your feet together,** and **deliver a right downward back fist** strike to your left palm.

20) **Step back** with the right foot (toward 2:00) into a left reverse front stance (facing 9:00) **and execute a twin knife hand high and low block.**

21) Step with the right foot, **turning 180° to the right,** taking up a right back stance (facing 3:00), and **execute a twin knife hand high block.**

22) Step with your left foot, **bringing your feet together,** and **deliver a left downward back fist strike to your right palm.**

23) **Step back** with the left foot (toward 10:00) into a right reverse front stance (facing 3:00) **and execute a twin knife hand high and low block.**

Step back with the right foot and take up a ready stance facing 12:00.