



Darrin Hyung II

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Begin in your ready stance facing 12:00.

- 1) **Step with the left foot** and turn 45° to the left, assuming a left front stance (facing 10:30), **and execute a left low block** immediately followed by a **right reverse punch**.
- 2) Shift the right foot and take up a left back stance (facing 10:30) as you **deliver a left outward middle block**.
- 3) **Step with the right foot** and turn 45° to the right, assuming a right front stance (facing 1:30), **and execute a right low block** immediately followed by a **left reverse punch**.
- 4) Shift the left foot and take up a right back stance (facing 1:30) as you **deliver a right outward middle block**.
- 5) **Step back with the left foot** (toward 6:00), shifting into a right front stance (facing 12:00) **and execute a right low block** followed by a **left reverse punch**.
- 6) **Step forward** with the left foot into a left front stance (facing 12:00) **and execute a left high block** followed by a **right reverse punch**.
- 7) **Step forward** with the right foot into a right front stance (facing 12:00) **and deliver a left reverse punch with a kiai**.
- 8) Open the left hand and **execute a left outward crescent kick** (toward 12:00) striking your left palm with the outside of your left foot. Plant back into a right back stance (facing 12:00) and perform a **right inward middle block**. Step with the right foot and shift into a right front stance (facing 12:00) **and deliver a left reverse punch with a kiai**.
- 9) Pivoting on the right and **stepping with the left foot, turn 270° to the left**, taking up a left front stance (facing 3:00), **and execute a left low block** immediately followed by a **right reverse punch**.
- 10) Step with the right foot and **turn 180° to the right** into a right front stance (facing 9:00) **and execute a right low block** immediately followed by a **left reverse punch**.
- 11) **Turn 90° to the left** and step with the left foot into a left front stance (facing 6:00) **and perform a left low block** followed by a **right reverse punch**.
- 12) **Step forward** with the right foot into a right front stance (facing 6:00) **and execute a right high block** followed by a **left reverse punch**.
- 13) **Step forward** with the left foot **and execute a right outward crescent kick** (toward 6:00), planting into your left fighting stance. Immediately shift into a left front stance (facing 6:00) **and execute a right reverse punch**. Without pausing, **step forward** with the right foot into a right front stance (still facing 6:00) **and deliver a left reverse punch with a kiai**.
- 14) Pivoting on the right and stepping with the left foot, **turn 225° to the left**, taking up a left front stance (facing 10:30), **and execute a left low block** immediately followed by a **right reverse punch**.

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15) Shift the right foot and take up a left back stance (facing 10:30) as you **deliver a left outward middle block**.

16) **Step with the right foot** and turn 45° to the right, assuming a right front stance (facing 1:30), **and execute a right low block** immediately followed by a **left reverse punch**.

17) Shift the left foot and take up a right back stance (facing 1:30) as you **deliver a right outward middle block**.

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

