Updated	(F/L) Front $(F)$ $(F/R)$
10/08	(L) Left Right (R)
10,00	(B/L) Back (B) (B/R)
Cho-San	Use flowing movement with small steps. Often performed to the music of <i>God Bless</i>
Ciio-Saii	America.
(Cmaan	America.
(Green	
Belt)	Start in yunbi stance, chayuit, kiyunyuit, return to yunbi stance
	(0° clockwise to F)
	1) Slide <u>left</u> foot to <u>right</u> foot and swing arms from sides to above head, cup <u>right</u> fist
	with <u>left</u> hand and bring elbows together, move arms down to a position in front of
	body, bow
	(90° counterclockwise to L)
	2) Look ( <b>L</b> ), slide <u>left</u> foot forward to execute a <u>left</u> cho-tos block
	<u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard)
	(180° clockwise to R)
	3) Look ( <b>R</b> ), slide <u>left</u> foot to <u>right</u> foot, slide <u>right</u> foot forward to execute a <u>right</u>
	cho-tos block
	• <u>Left reverse punch</u> (bring <u>right</u> ridgehand back to guard)
	= <u></u>
	(90° counterclockwise to F)
	4) Look ( <b>F</b> ), slide <u>right</u> foot to <u>left</u> foot, slide <u>left</u> foot forward to execute a <u>left</u> cho-tos
	block
	<u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard)
	reverse punch (offing left flagerialid back to guard)
	(180° clockwise to B)
	5) Look ( <b>B</b> ), slide <u>left</u> foot to <u>right</u> foot, slide <u>right</u> foot forward to execute a <u>right</u>
	cho-tos block
	Left reverse punch (bring right ridgehand back to guard)
	Left reverse punch (oring right hagehand back to guard)
	(180° counterclockwise to F)
	6) Look ( <b>F</b> ), slide <u>left</u> foot to a <u>right forward stance</u> facing ( <b>R</b> ) and execute a <u>left</u>
	downward deflecting block
	v
	• Continue motion and shift to a <u>left forward stance</u> facing ( <b>F</b> ) with <u>left</u> cover above head and a <u>right inside chop strike</u>
	1
	• <u>Right rear leg front thrust kick</u> , set down in a <u>right</u> side stance and slide <u>left</u> foot
	behind <u>right</u> foot, simultaneously execute a <u>right</u> outward block
	7) Step <u>left</u> foot to a <u>left</u> forward stance facing ( <b>L</b> ) and execute a <u>right</u> downward
	deflecting block
	• Continue motion and shift to a <u>right forward stance</u> facing ( <b>F</b> ) with <u>right</u> cover
	above head and a <u>left</u> inside chop strike
	• <u>Left rear leg front thrust kick</u> , set down in a <u>left</u> side stance and slide <u>right</u> foot
	behind <u>left</u> foot, simultaneously execute a <u>left</u> outward block

(L) Left Right (R)  (B/L) Back (B) (B/R)  (180° clockwise to B)  8) Look (B), slide right foot forward to execute a right cho-tos block  • Left reverse punch (bring right ridgehand back to guard)  9) Slide left foot forward to execute a left cho-tos block  • Right reverse punch (bring left ridgehand back to guard)  10) Slide right foot forward to execute a right cho-tos block  • Left reverse punch (bring right ridgehand back to guard)  11) Left front thrust kick, set down with feet together  12) Slide right foot to a deep right forward stance angled to (F/R), sime execute a right ridgehand block and a left downward deflecting bloch  • Slide right foot back to left foot with wrists crossed and palms verified left foot to a deep left forward stance angled to (F/L), simult a left ridgehand block and a right downward deflecting block (salute of the slide left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foot with wrists crossed and palms verified left foot back to right foo	ock (salute) tical caneously execute tte) tical
(180° clockwise to B)  8) Look (B), slide right foot forward to execute a right cho-tos block  • Left reverse punch (bring right ridgehand back to guard)  9) Slide left foot forward to execute a left cho-tos block  • Right reverse punch (bring left ridgehand back to guard)  10) Slide right foot forward to execute a right cho-tos block  • Left reverse punch (bring right ridgehand back to guard)  11) Left front thrust kick, set down with feet together  12) Slide right foot to a deep right forward stance angled to (F/R), sime execute a right ridgehand block and a left downward deflecting bloch  • Slide right foot back to left foot with wrists crossed and palms vertally Slide left foot to a deep left forward stance angled to (F/L), simult a left ridgehand block and a right downward deflecting block (salue)  • Slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrists crossed and palms vertally slide left foot back to right foot with wrist	ock (salute) tical caneously execute tte) tical
<ul> <li>Left reverse punch (bring right ridgehand back to guard)</li> <li>Slide left foot forward to execute a left cho-tos block</li> <li>Right reverse punch (bring left ridgehand back to guard)</li> <li>Slide right foot forward to execute a right cho-tos block</li> <li>Left reverse punch (bring right ridgehand back to guard)</li> <li>Left front thrust kick, set down with feet together</li> <li>Slide right foot to a deep right forward stance angled to (F/R), sin execute a right ridgehand block and a left downward deflecting bloch</li> <li>Slide left foot to a deep left forward stance angled to (F/L), simult a left ridgehand block and a right downward deflecting block (salue)</li> <li>Slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot back to right foot back</li></ul>	ock (salute) tical caneously execute tte) tical
<ul> <li>9) Slide left foot forward to execute a left cho-tos block</li> <li>Right reverse punch (bring left ridgehand back to guard)</li> <li>10) Slide right foot forward to execute a right cho-tos block</li> <li>Left reverse punch (bring right ridgehand back to guard)</li> <li>11) Left front thrust kick, set down with feet together</li> <li>12) Slide right foot to a deep right forward stance angled to (F/R), sime execute a right ridgehand block and a left downward deflecting block</li> <li>Slide right foot back to left foot with wrists crossed and palms vertically slide left foot to a deep left forward stance angled to (F/L), simult a left ridgehand block and a right downward deflecting block (salue)</li> <li>Slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot back to right foot with wrists crossed and palms vertically slide left foot back to right foot with wrists crossed and palms vertically slide left foo</li></ul>	ock (salute) tical caneously execute tte) tical
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Slide <u>left</u> foot back to <u>right</u> foot with wrists crossed and palms vert	tical
14) Extend arms out norizontarry at sides of body for <i>double outside ci</i>	<i>non sirikes</i> , brins
hands back with wrists crossed and palms vertical	,
<ul> <li>Extend arms up at a 45° angle at sides of body for double ridgehar</li> </ul>	nd strikes to the
temple (double salutes)	ia sirikes to the
15) Step <u>left</u> foot forward and bend down on <u>right</u> knee, simultaneousl	v extend hands
in a press with thumbs and index fingers touching (making a triang	
• Extend arms out horizontally at sides of body for <i>double outside ci</i>	
16) Slide <u>left</u> foot back to <u>right</u> foot, slide <u>left</u> foot forward to execute	•
block	<u></u>
• <u>Right reverse punch</u> (bring <u>left</u> ridgehand back to guard)	
17) Slide right foot to left foot with simultaneous high $X$ -block, swing	arms from sides
to above head, cup <u>right</u> fist with <u>left</u> hand (no bow)	
(180° counterclockwise to F)	
18) Look ( <b>F</b> ), slide <u>left</u> foot back and rotate counterclockwise and bene	
knee, simultaneously extend hands in a press with thumbs and inde	ex fingers
touching (making a triangular opening)	
• Extend arms out horizontally at sides of body for <i>double outside classical</i>	*
19) Slide <u>left</u> foot back to <u>right</u> foot, slide <u>left</u> foot forward to execute	a <u>left</u> cho-tos
block	
• <u>Right</u> reverse punch (bring <u>left</u> ridgehand back to guard)	
20) Slide <u>right</u> foot to <u>left</u> foot with simultaneous high <i>X-block</i> , swing to above head, cup right fist with left hand, bow	arms from sides

Yunbi stance, chayuit, kiyunyuit, and yunbi stance.