



## **Red Belt (1st)**

### **Chung-Mu**

1. Step left into right back stance, square block - advance right front stance, left knife hand high block as you right upset knifehand strike
2. Pivot 180 degrees to left back stance, sudo - advance left front stance, forward reinforced spearhand thrust
3. Pivot 90 deg. right back stance, sudo - right sidekick behind land to previous position
4. Running jump #2 sidekick land left back stance, sudo - pivot backwards 90 deg. right back stance, low block
5. Shift left front stance, tiger claw land feet together facing north - pivot 90 deg. land left front stance, left slap block as rev. ridgehand
6. #2 round kick - rev. sidekick land left back stance, double outer-forearm block
7. #2 round kick land left back stance facing south, pole block - jump spin 360 deg. land left back stance, sudo
8. Advance left front stance, rev. low palm strike - shift right back stance, scissor block
9. Advance right front stance, fwd. reinforced spear thrust - rev. pivot 90 deg. left front stance fwd. reinforced inner-forearm block
10. Pivot 90 deg. middle stance, right upset hammerfist - right backfist
11. Right leg sidekick to left guard stance - #2 side kick land (pivoting 180 deg.) left back stance, high X-block
12. Advance left front stance, twin palm heel strike - turn 180 deg. right front stance, fwd. high block - rev. punch