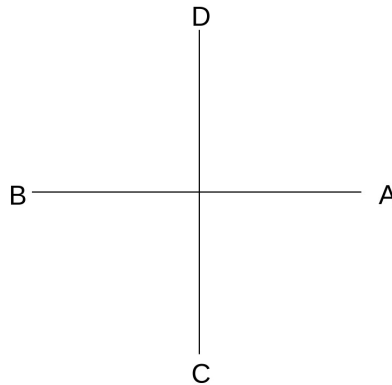


Saju Jirugi

(Four Direction Punch)

Instructions are given assuming the student is standing on line AB and facing D.

Ready Posture – Parallel Ready Stance



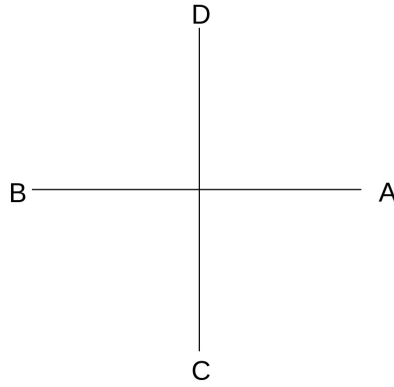
Left	Right
<ol style="list-style-type: none">1. Move the left foot to D, forming a left walking stance toward D, while executing a middle punch to D with the left fist.2. Move the left foot to B, forming a right walking stance toward A, while executing a low block to B with the right forearm.3. Move the left foot to A, forming a left walking stance toward A, while executing a middle punch to A with the left fist.4. Move the left foot to C, forming a right walking stance toward D, while executing a low block to D with the right forearm.5. Move the left foot to D, forming a left walking stance toward D, while executing a middle punch to D with the left fist.6. Move the left foot to A forming a right walking stance toward B, while executing a low block to A with the right forearm.7. Move the left foot to B, forming a left walking stance toward B, while executing a middle punch to B with the left fist. <p>END: Bring the left foot back to a ready stance facing D.</p>	<ol style="list-style-type: none">1. Move the right foot to D, forming a right walking stance toward D, while executing a middle punch to D with the right fist.2. Move the right foot to A, forming a left walking stance toward B, while executing a low block to B with the left forearm.3. Move the right foot to B, forming a right walking stance toward B, while executing a middle punch to B with the right fist.4. Move the right foot to D, forming a left walking stance toward C, while executing a low block to C with the left forearm.5. Move the right foot to C, forming a right walking stance toward C, while executing a middle punch to C with the right fist.6. Move the right foot to B forming a left walking stance toward A, while executing a low block to A with the left forearm.7. Move the right foot to A, forming a right walking stance toward A, while executing a middle punch to A with the right fist. <p>END: Bring the right foot back to a ready stance facing D.</p>

Saju Makgi

(Four Direction Block)

Instructions are given assuming the student is standing on line AB and facing D.

Ready Posture – Parallel Ready Stance

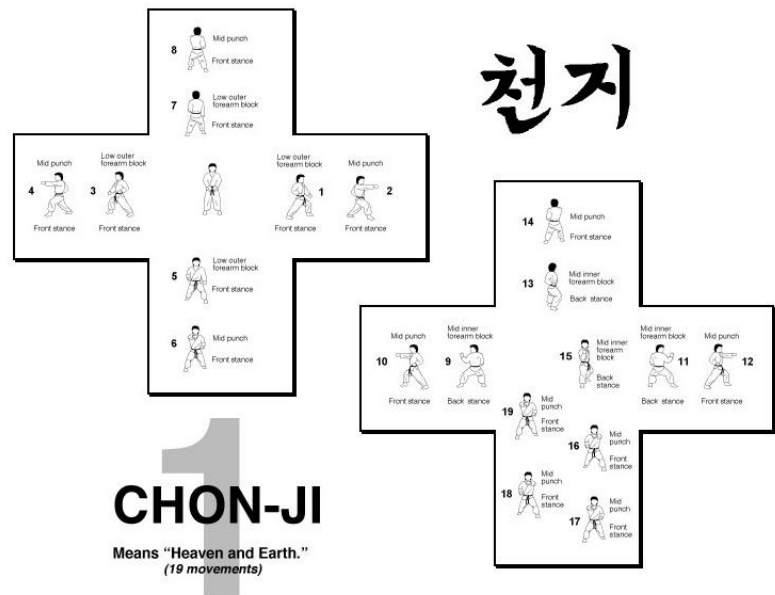


Left	Right
<ol style="list-style-type: none"> 1. Move the left foot to C, forming a right walking stance toward D, while executing a low block to D with the right knife-hand. 2. Move the left foot to D, forming a left walking stance toward D, while executing a middle side block to D with the left inner forearm. 3. Move the left foot to B, forming a right walking stance toward A, while executing a low block to A with the right knife-hand. 4. Move the left foot to A, forming a left walking stance toward A, while executing a middle side block to A with the left inner forearm. 5. Move the left foot to D, forming a right walking stance toward D, while executing a low block to D with the right knife-hand. 6. Move the left foot to D, forming a left walking stance toward D, while executing a middle side block to D with the left inner forearm. 7. Move the left foot to A, forming a right walking stance toward A, while executing a low block to a with the right knife-hand. 8. Move the left foot to B, forming a left walking stance toward B, while executing a middle side block to B with the left inner forearm. 	<ol style="list-style-type: none"> 1. Move the right foot to C, forming a left walking stance toward D, while executing a low block to D with the left knife-hand. 2. Move the right foot to D, forming a right walking stance toward D, while executing a middle side block to D with the right inner forearm. 3. Move the right foot to A, forming a left walking stance toward B, while executing a low block to B with the left knife-hand. 4. Move the right foot to B, forming a right walking stance toward B, while executing a middle side block to B with the right inner forearm. 5. Move the right foot to D, forming a left walking stance toward C, while executing a low block to C with the left knife-hand. 6. Move the right foot to C, forming a right walking stance toward C, while executing a middle side block to C with the right inner forearm. 7. Move the right foot to B, forming a left walking stance toward A, while executing a low block to a with the left knife-hand. 8. Move the right foot to A, forming a right walking stance toward A, while executing a middle side block to A with the right inner forearm.
<p>END: Bring the left foot back to a ready stance facing D.</p>	<p>END: Bring the right foot back to a ready stance facing D.</p>

8th Gup Pattern Chon-Ji

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Parallel Ready Stance

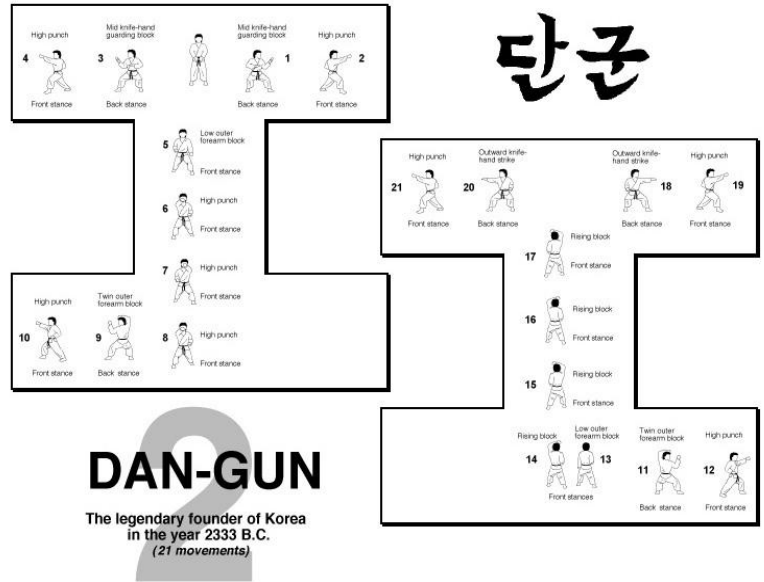
1. Move the left foot to B, forming a left walking stance toward B, while executing a low block to B with the left outer forearm
 2. Move the right foot to B, forming a right walking stance toward B, while executing a middle punch to B with the right fist.
 3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right outer forearm
 4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
 5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left outer forearm.
 6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right outer forearm.
 8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
 9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
 10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
 11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
 12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
 13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
 14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
 15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
 16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
 17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
 19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the left foot back to ready stance.



7th Gup Pattern Dan-Gun

Instructions are given assuming the student is standing on line AB and facing D.
Ready posture – Parallel Ready Stance

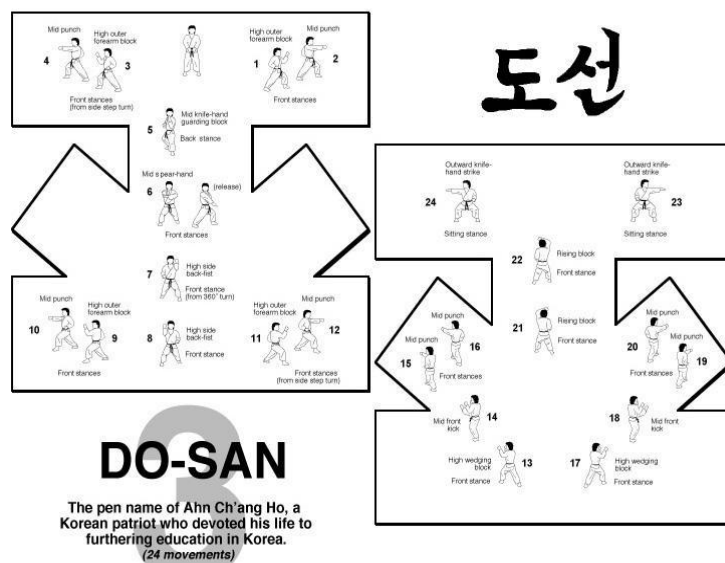
1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand
 2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
 3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
 4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
 5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
 6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
 7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
 8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
 9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
 10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
 11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
 12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
 13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
 14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
 15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
 16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
 17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
 18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand
 19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
 20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
 21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
- END:** Bring the left foot back to a ready posture.



6th Gup Pattern Do-San

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Parallel Ready Stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A, while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

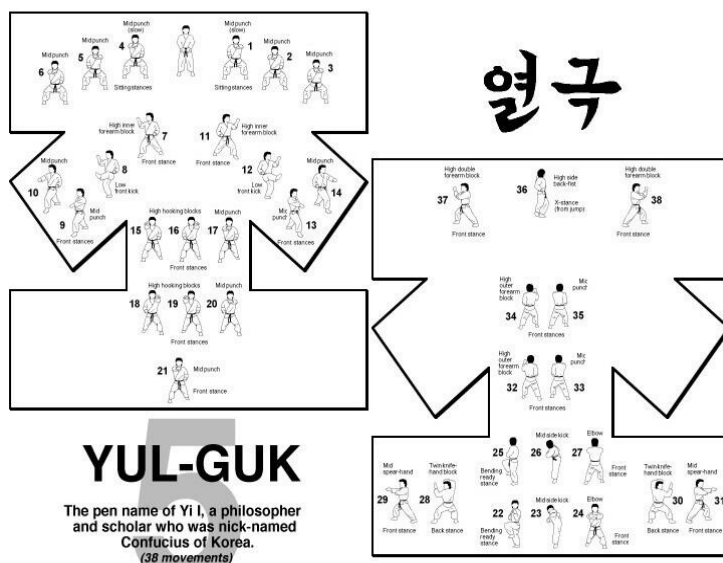


END: Bring the right foot back to a ready posture.

4th Gup Pattern Yul-Gok

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Parallel Ready Stance

1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. **Perform 2 and 3 in a fast motion.**
4. Bring the left foot to the right foot and then move the right foot to A, forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. **Perform 5 and 6 in a fast motion.**
7. Move the right foot to AD, forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.
9. Lower the left foot to AD, forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. **Perform 9 and 10 in a fast motion.**
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the inner forearm.
12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD, forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. **Perform 13 and 14 in a fast motion.**
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting on the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. **Execute 16 and 17 in a connecting motion.**
18. Move the left foot to D, forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. **Execute 19 and 20 in a connecting motion.**
21. Move the right foot to D, forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
22. Turn the face toward D forming a right bending ready stance “A” toward D.
23. Execute a middle side piercing kick to D with the left foot at the same time executing a high punch to D with the left fist.
24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C forming a left bending ready stance “A” toward C.
26. Execute a middle side piercing kick to C with the right foot at the same time executing a high punch to C with the right fist.



4th Gup Pattern Yul-Gok

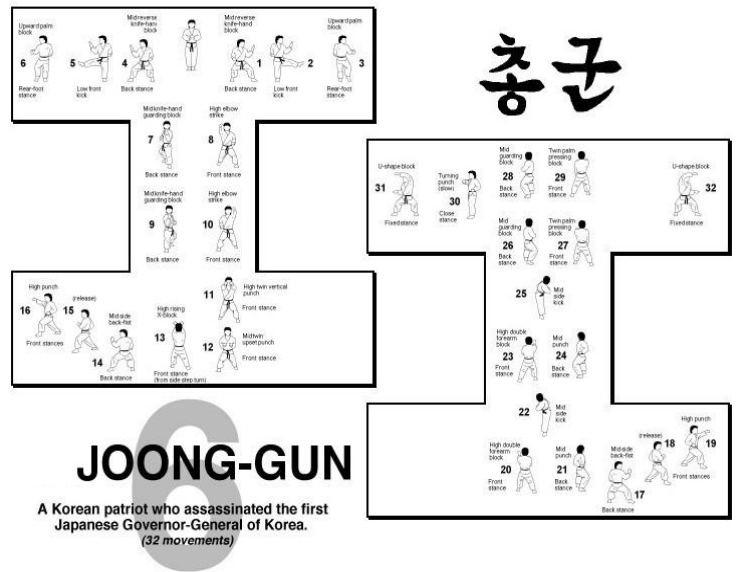
Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Parallel Ready Stance

27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.
 28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block.
 29. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
 30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
 31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
 32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
 33. Execute a middle punch to C, with the right fist while maintaining a left walking stance toward C.
 34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
 35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
 36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.
 37. Move the right foot to A forming a right walking stance toward A, at the same time executing a high side block to A with the right double forearm.
 38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high side block to B with the left double forearm.
- END:** Bring the left foot back to a ready posture.

3rd Gup Pattern Joong-Gun

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Closed Ready Stance B

1. Move the left foot to B, forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of ht hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with the right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right revers knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. **Perform 15 and 16 in a fast motion.**
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. **Perform 18 and 19 in a fast motion.**
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.



3rd Gup Pattern Joong-Gun

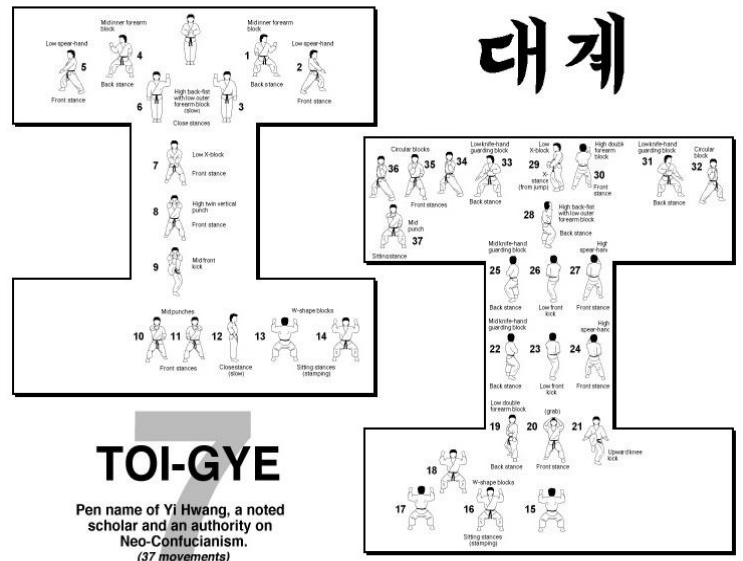
Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Closed Ready Stance B

26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
 27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. **Perform in a slow motion.**
 28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
 29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. **Perform in a slow motion.**
 30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. **Perform in a slow motion.**
 31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
 32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.
- END:** Bring the left foot back to a ready posture.

2nd Gup Pattern **Toi-Gye**

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Closed Ready Stance B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. **Perform in a slow motion.**
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. **Perform in a slow motion.**
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. **Perform 7 and 8 in a continuous motion.**
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin elbow thrust. **Perform in a slow motion.**
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to C with the left outer forearm.
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then Move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
21. Execute an upward kick with the right knee while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.



2nd Gup Pattern Toi-Gye

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Closed Ready Stance B

25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

END: Bring the right foot back to a ready posture.

1st Gup Pattern Hwa-Rang

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Closed Ready Stance C

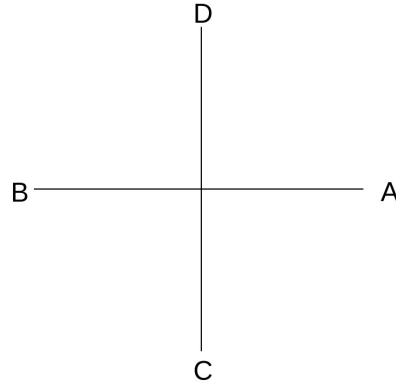
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

END: Bring the right foot back to a ready posture.

Saju Tulgi

(Four Direction Thrust)

Instructions are given assuming the student is standing on line AB and facing D.
Ready Posture – Closed Ready Stance C



Left	Right
<ol style="list-style-type: none">1. Slide to C, forming a left L-stance toward D while thrusting to C with the left side elbow.2. Slide to A, forming a left L-stance toward B while thrusting to A with the left side elbow3. Slide to D, forming a left L-stance toward C while thrusting to D with the left side elbow.4. Slide to B, forming a left L-stance toward A while thrusting to B with the left side elbow. <p>END: Bring the left foot back to a ready stance facing D.</p>	<ol style="list-style-type: none">1. Slide to D, forming a right L-stance toward C while thrusting to D with the right side elbow.2. Slide to B, forming a right L-stance toward A while thrusting to B with the right side elbow3. Slide to C, forming a right L-stance toward D while thrusting to C with the right side elbow.4. Slide to A, forming a right L-stance toward B while thrusting to A with the right side elbow. <p>END: Bring the right foot back to a ready stance facing D.</p>