



EUI-AM Movements – 45

Ready Posture - CLOSED READY STANCE D

1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
 2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
 3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
 4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
 5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
 6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
 7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
 8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
 9. Execute a middle reverse turning kick to AC with the right foot.
 10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
 11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
 12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.
 13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.
 14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
 15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.
 16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.
 17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
 18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.
 19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.
 20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
 21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
 22. Execute a middle reverse turning kick to AD with the left foot.
 23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.
 24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
 25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.
 26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
 27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.
 28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
 29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
 30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
 31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.
 32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
 33. execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
 34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
 35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
 36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
 37. Execute a high reverse turning kick to BD with the right foot.
 38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
 39. Execute a high reverse turning kick to AD with the left foot.
 40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
 41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.
 42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
 43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
 44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
 45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- END:** Bring the right foot back to a ready posture.