

MOON-MOO ILLUSTRATED



Parallel ready stance toward D.



1. Turn the face to B while forming a right bending ready stance A toward B. Perform in a slow motion.



2. Execute a middle side piercing kick to B with the left foot. Perform in a slow motion.



3. Execute a middle side piercing kick to B again with the left foot. Perform 2 and 3 in a double kick.



4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.



5. Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion.

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6. Lower the right foot to B in a jumping motion to form a right X-stance toward S while executing a middle side strike to B with the right knife-hand.



7. Move the left foot to A, forming a left walking stance toward A while executing a pressing block to A with the right palm.



8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.



9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse foot sword to the right knee



10. Lower the left foot to the right foot, and then turn the face to A while forming a left bending ready stance A toward A. Perform in a slow motion.



11. Execute a middle side piercing kick to A with the right foot. Perform in a slow motion.

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joint. Perform in a low motion.



112. Execute a middle side piercing kick to A again with the right foot. Perform 11 and 12 in a double kick.



13. Lower the right foot to A, forming a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.



14. Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion.



15. Lower the left foot to A in a jumping motion to form a left X-stance toward C, at the same time executing a middle side strike to A with the left knife-hand.



16. Move the right foot to B, forming a right walking stance toward B while executing a pressing block with the left palm.



17. Move the left foot to B, forming a left walking stance toward B while executing a pressing block with the right palm.

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18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse foot sword to the left knee joint. Perform in a slow motion.



19. Turn the face to C while forming a left bending ready stance B toward D.



20. Execute a middle back piercing kick to C with the right foot. Perform in a slow motion.



21. Lower the right foot to C



22. Turn the face to C while



23. Execute a back piercing

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to form a left walking stance toward D while executing a middle punch to D with the right fist.



forming a right bending ready stance B toward D.



kick to C with the left foot. Perform in a slow motion.



24. Lower the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the left fist.



25. Slide to C, forming a right rear foot stance toward D while executing a downward block with the left palm.



26. Execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 25.



27. Lower the left foot to D,

28. Slide to C, maintaining a

29. Execute a middle punch to

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and then move 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 side fist.



30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.



33. Lower the left foot to C to

sitting stance toward A while executing a scooping block with the left palm.



31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.



34. Slide to D to form a left

A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a continuous motion.



32. Lower the right foot to C, and then execute a high reverse turning kick to C with the left foot.



35. Execute a middle side front

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form a left walking stance toward C while executing a high side block to C with the left knife-hand.



rear foot stance toward C at the same time executing a downward block with the right palm.



snap kick to C with the right foot, keeping the position of the hands as they were in 34.



36. Lower the right root to C and then move the left foot to D in a stamping motion forming a sitting stance toward A while executing a middle side strike to D with the left side fist.



37. Slide to D, maintaining a sitting stance toward A while executing a scooping block with the right palm.



38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a continuous motion.



39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.

40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D

41. Lower the left foot to D, and then execute a high reverse turning kick to D with the right

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with the left foot.

foot.



42. Lower the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right knife-hand.



43. Move the left foot to D, and then execute a high twisting kick to AD with the right foot.



44. Lower the right foot to C, forming a left walking stance toward D while executing a high side back strike to C with the right back fist and extending the left fist to D horizontally.



45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.



46. Move the right foot to D, and then execute a high twisting kick to BD with the left foot.



47. Lower the left foot to C to form a right walking stance toward D while executing a high side back strike to C with

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48. Execute a front strike to D with the left back fist while shifting to C, maintaining a right walking stance toward D.



49. Execute a sweeping kick to D with the left side sole and then lower it to D, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

the left back fist and extending the right fist to D.



50. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the left foot, keeping the position of the hands as they were in 49. Perform in a consecutive kick.

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51. Lower the left foot to D, forming a right L-stance toward D while executing a middle strike to D with the left knife-hand.



52. Execute a sweeping kick to D with the right side sole, and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.



53. Execute a side checking kick to D, and then again a middle thrusting kick to D with the right foot, keeping the position of the hands as they were in 52. Perform in a consecutive kick.

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54. Lower the right foot to D to form a left L-stance toward D while executing a middle strike to D with the right knife-hand.



55. Move the right foot to C and then turn counter-clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.



56. Jump to C to form a right X-stance toward BC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.



57. Jump to D, forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right



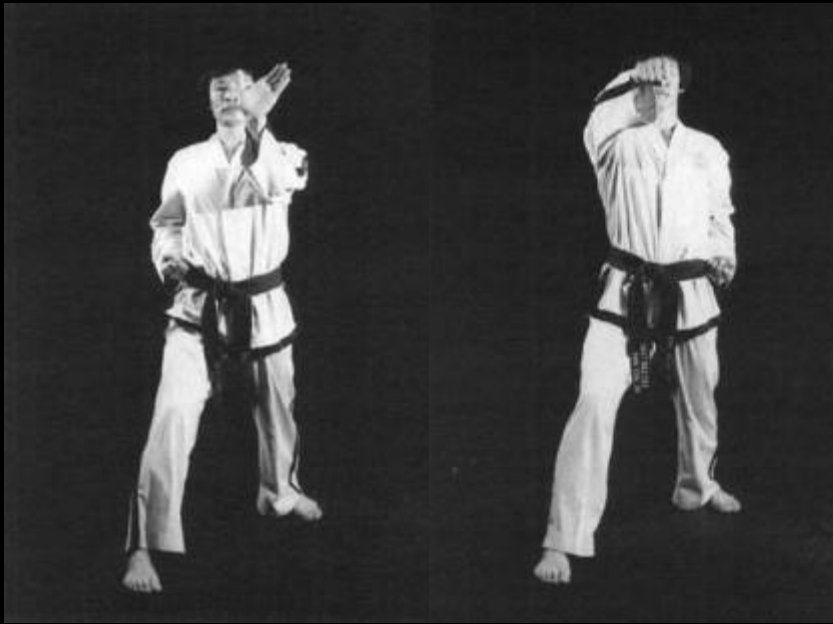
58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.



59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

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shoulder



60. Move the right foot to the side rear of the left foot, and then the left foot to C to form a right walking stance toward D while executing a rising block to D with the left arc-hand.

61. 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.