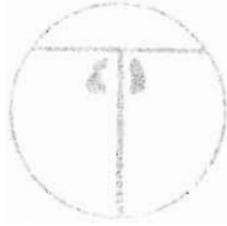


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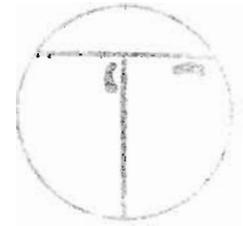
MU

**REALIZATION OF
THE ESSENTIAL**

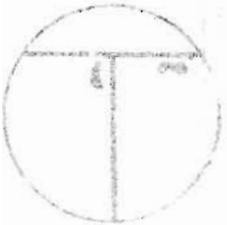
(First Effort)



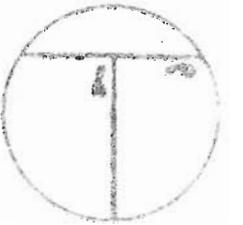
1. Bow. Assume Ready Stance.



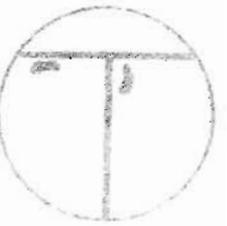
2. Step to the left into a Left Back Stance and execute a Left High Section Block.



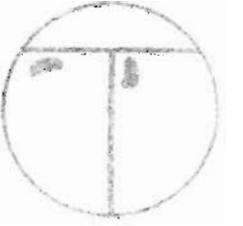
3. Immediately execute a Right High Section Rising Block



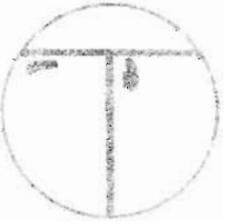
4. Punch to the Mid-Section with the left hand.



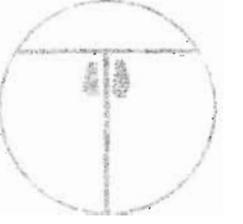
5. Pivot 180 into a Right Back Stance and execute a Right High Section Block.



6. Immediately execute a Left High Section Rising Block.



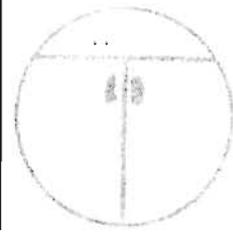
7. Punch to the Mid-Section with the right hand.



8. Pull the right foot to the left foot, stand straight up, hands drawn to the right hip (facing original direction).



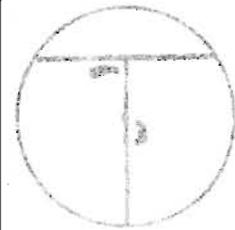
9. Front Snap Kick with the left foot, simultaneously execute a Left Mid-Section Block (side view).



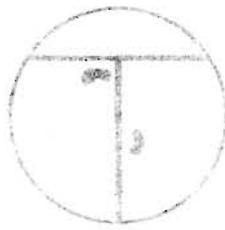
10. Return to original position.



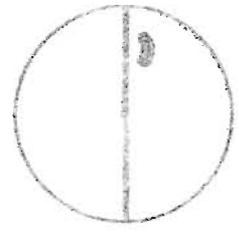
11. Without moving the left foot, Back Thrust Kick with the right foot.



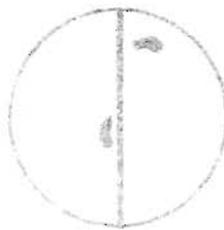
12. Step down in place and slide the left foot forward to a Left Back Stance and execute a Left Low-Section Pressing Block.



13. Execute an extended Left High Section Backfist Strike.



14. Immediately Front Kick with the right foot.



15. Moving forward, assume the Right Back Stance.



16. Execute an extended Right High-Section Backfist Strike.



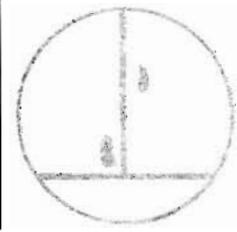
17. Immediately Front Kick with the left foot.



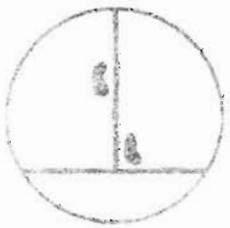
18. Moving forward, assume the Left Back Stance.



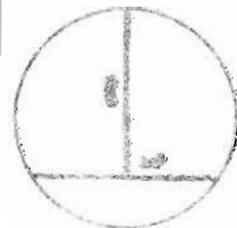
19. Execute an extended Left High-Section Backfist Strike.



20. Step forward and Right Vertical Fist Punch, left fist pulling palm down under the right elbow (shout).



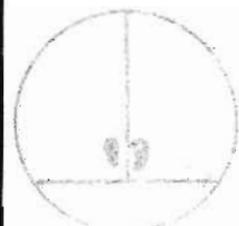
21. Turn 180° to the left, crossing left foot behind right foot.



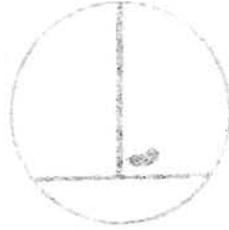
22. At the same time, execute a Left Mid-Section Backfist Strike-Block.



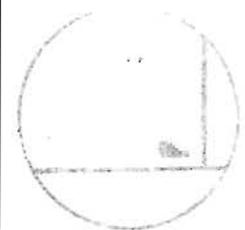
23. Immediately Front Kick with the right foot.



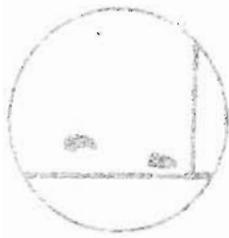
24. Lower right foot to the left foot into a Standing Position, hands on right hip. (facing opposite original direction)



25. Side Kick directly to the left.



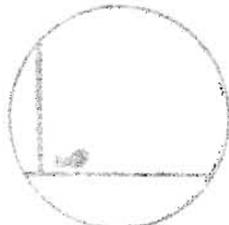
26. Continue stepping in the same direction as the Kick.



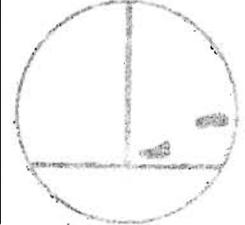
27. Lunge Punch with the right hand into a Right Front Stance.



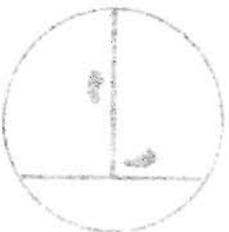
28. Without shifting the left foot, execute a Right Back Thrust Kick.



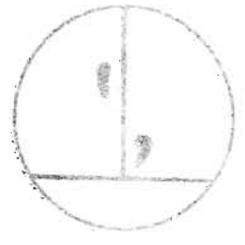
29. Continue stepping in the same direction as the Kick.



30. Lunge Punch with the left hand into a Left Front Stance.



31. Turn 90° to the left into a Left Back Stance and execute a Left Low-Section Pressing Block.



32. Reverse Punch with the right hand (side view).



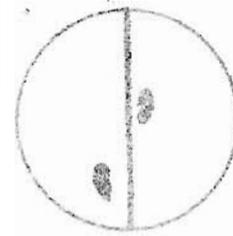
33. Immediately Front Kick with the right foot.



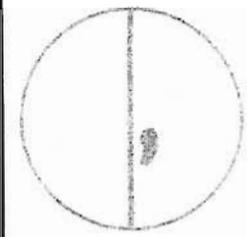
34. Step down into a Right Front Stance, executing a Right Circular High-Section Rising Block.



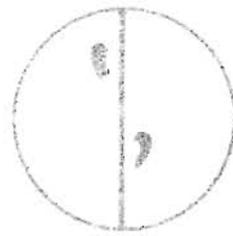
35. Reverse Punch with the left hand.



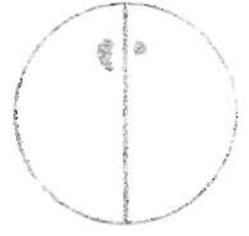
36. Immediately Front Kick with the left foot.



37. Step forward, executing a Right Reverse Punch.



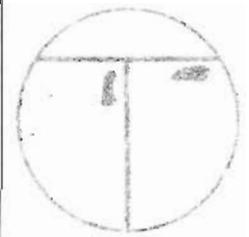
38. Begin stepping forward with right foot as you punch with the left hand.

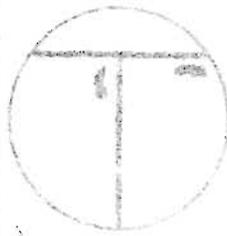


39. Finish step forward punching with the right hand (shout).
Note: Steps 38 & 39 are performed quickly without pause.



40. Turn 270° to the left into a Left Back Stance and perform a Left Low Section Pressing Block.

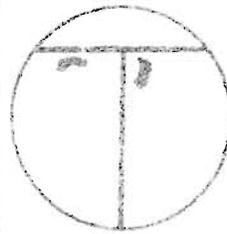




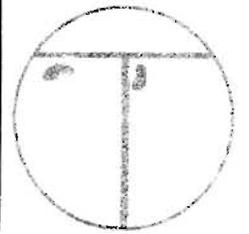
41. Execute an Extended Left Backfist Strike.



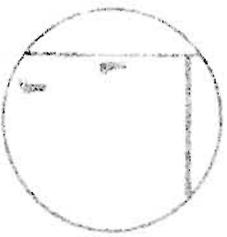
42. Follow immediately by Stepping Forward and Lunge Punching with the right hand.



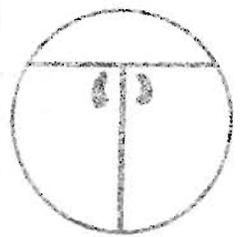
43. Turn 180° to the right into a Right Back Stance, executing a Right Low-Section Pressing Block.



44. Execute an extended Right High-Section Backfist Strike.



45. Follow immediately by stepping forward and Lunge Punching with the Left Hand.



46. Pull with the left foot back to a Ready Stance. Bow.