

KWAN MU # 3

fill

- 1 EXecute LFT hand HS Pushing Block
- 2 Execute RT Hand HS Pushing Block
- 3 ~~Snaps Punch~~ Execute ~~XX~~ RT Hand HS Jab
- 4 Execute LFT HS Punch
- 5 Repeat Sequence on other side.
- 6 Cross body OH Palm Up Pressing block
- 7 ~~Rt Hx~~ RT MS Decending Sudo and LFT Hand cross block under elbow.
- 8 RT CF Circular decending MS BAccklist.
- 9 LFT Cross body palm up pressing block
- 10 LFT HS KH Pulling block and Finger tip eye thrust
- 11 ~~Skip S~~ Skipping LFT ~~D~~ side kick
- 12 Double Knife hand guarding block
- 13 Double Knife Hand Guarding Block
- 14 Turning Back Kick (Fake) with RT MS Reverse Punch
- 15 HS X Block
- 16 Pull to waist and Left Lunge Punch
- 17 RT MS Lunge Punch
- 18 LFT Palm Up HS Pressing Block | # (9)
- 19 RT Double Jump Side Kick
- 20 RT Crosss body Hs Pressing Block ~~LFT~~ Hand under Elbow
- 21 RT Ridge hand to HS
- 22 Rt. Knee smash (RReturning posture is in Photos from 2nd effort)
- 23 Jump and LS Double closed fist X block
- 24 Reach out and-- with RT Hnad
- 25 Jump in and LS Punch to Groin and Rt HS Pulling Block
- 26 ~~Mid~~-RT MS Front Kick (Find free Photo)
- 27 LFT Inner Forearm MS HHooking Block
- 28 RT MS Covering block
- 29 ~~Rt~~ RDH Heel kick to thigh Joint
- 30 Rtrn to Crane stance HS circular hooking punch to palm
- 31 Push off with LFT Hand
- 32 Step in and MS Punch in Deep X stance.
- 33 Stand up to kimase and execute extent left hand out px thumb down
- 34 Cresent kick to palm and Elbow Smash
- 35 High Section ~~Pung-Of~~ Block pulling open KH Block in front of forehead
- 36 and LS Palm Heel Pressing Block over groin.
- 35 ~~Lt~~ Hand up under elbow and RT Hand Pushing crosss body HS Defend
- 38 LFT HS Back Fist Sek-Strike
- 38 ~~LFT~~ MS Upper cut while pulling with LFT Hand
- 37 Step forward and palm heel strike to face
- 40 LFT Back Fist Strike different stance
- 41 RT HS Punch
- 42 Block the arm
- 43 Block the leg
- 44 Back Ist fist
- 45 Repeat sequence twice
- 46 Block the first Arm
- 47 Block the second arm
- 48 Back Fist
- 49 Repeat sequence

- 51 Open hand strike to ear
- 52 LFT Skipping front kick with hands in place
- 53 Lunge Punch to body with sweeping block
- 54 Pulling block with right hand
- %% Large circle block with LFT
- 56 Punch RT.
- 57 Large circle block with RT
- 58 Punch Left
- Finish off