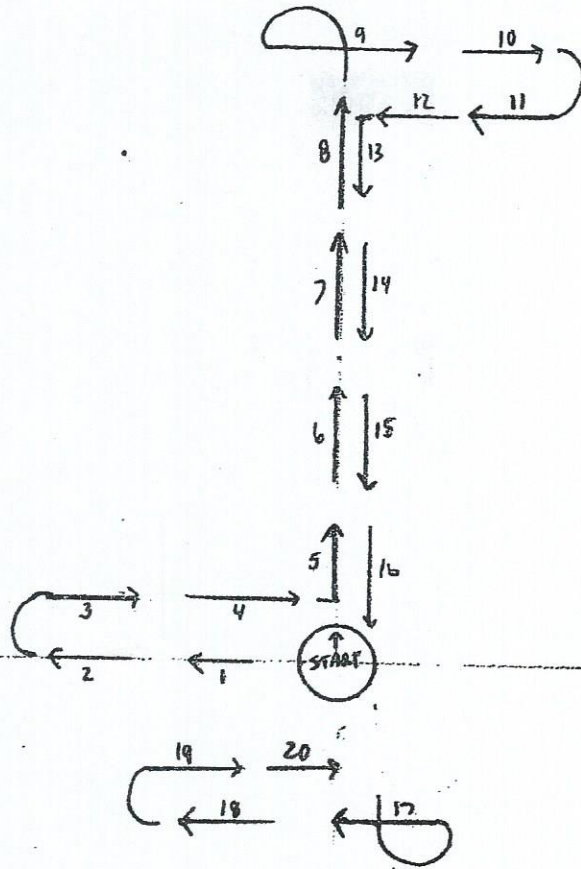


Basic Form

#	+	Move	Stance	Action
1	W	CCW (90°)	L walking	L-down block
2		Forward	R walking	R-middle punch
3	E	CW (180°)	R walking	R-down block
4		Forward	L walking	L-middle punch
5	N	CCW (90°)	L walking	L-down block
6		Forward	R walking	R-middle punch
7		Forward	L walking	L-middle punch
8		Forward	R walking	R-middle punch & Yell!
9	E	CCW (270°)	L walking	L-down block
10		Forward	R walking	R-middle punch
11	W	CW (180°)	R walking	R-down block
12		Forward	L walking	L-middle punch
13	S	CCW (90°)	L walking	L-down block
14		Forward	R walking	R-middle punch
15		Forward	L walking	L-middle punch
16		Forward	R walking	R-middle punch & Yell!
17	W	CCW (270°)	L walking	L-down block
18		Forward	R walking	R-middle punch
19	E	CW (180°)	R walking	R-down block
20		Forward	L walking	L-middle punch
	N	Left	Pulling the left foot into Attention.	

= Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise

BASIC FORM



1) LEFT DOWN BLOCK

2) RIGHT PUNCH

3) RIGHT DOWN BLOCK *Left rt. feet turn*

4) LEFT PUNCH

5) LEFT DOWN BLOCK *face front*

6) RIGHT PUNCH

7) LEFT PUNCH

8) RIGHT PUNCH (YELL)

9) LEFT DOWN BLOCK

10) RIGHT PUNCH

11) RIGHT DOWN BLOCK

12) LEFT PUNCH

13) LEFT DOWN BLOCK

14) RIGHT PUNCH

15) LEFT PUNCH

16) RIGHT PUNCH (YELL)

17) LEFT DOWN BLOCK

18) RIGHT PUNCH

19) RIGHT DOWN BLOCK

20) LEFT PUNCH