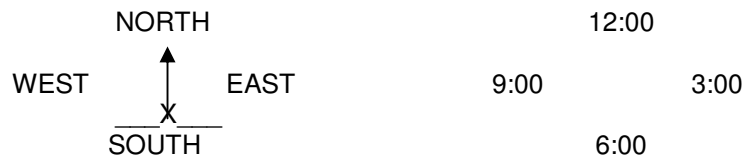




## BROWN BELT & BROWN STRIPE FORM - CHUNG MU



Begin: Ready Position starting at [X] facing North **RFF**: Right Front Foot **LFF**: Left Front Foot

### PART 1

1. Move left foot West forming LFF back stance while executing high-section double knife-hand blocks.
2. Move right foot West forming RFF front stance while executing knife-hand high block w/ left hand & inverse knife-hand attack (eye level) w/ right hand.
3. Move right foot East (turning clockwise 180 degrees) forming RFF back stance while executing middle-section double knife-hand guarding block
4. Move left foot East forming LFF front stance while executing spear-hand attack with left hand (eye level).
5. Move left foot North (turning counter-clockwise 90 degrees) forming LFF back stance while executing middle-section double knife-hand guarding block.
6. Looking South bringing right foot to left knee.
7. Looking South, execute middle-section side kick with right foot.
8. Landing in LFF back stance facing North while executing middle-section double knife-hand guarding block.
9. Move right foot to form RFF back stance and execute jump side kick with right foot landing in RFF back stance while executing middle-section double knife-hand guarding block.
10. Move right foot to East (turning counter-clockwise 270 degrees) forming LFF back stance while executing down block with left fist.
11. Shift left foot East forming LFF front stance while executing neck grab with both hands.
12. Execute knee strike with right knee while pulling both hands to knee (**YELL**).



## BROWN BELT & BROWN STRIPE FORM - CHUNG MU

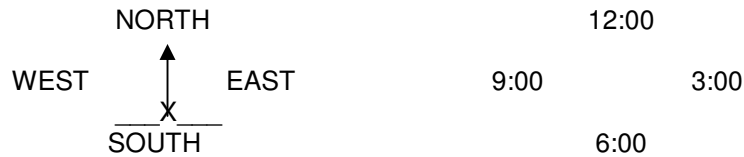


### PART 2

13. Landing right foot to left foot turning (counter-clockwise 180 degrees), move left foot South forming LFF front stance while executing ridge-hand attack with the right hand while the left hand is open and tucked underneath the elbow of the right arm.
14. Execute high-section side kick with right foot going West landing in RFF back stance. (fast)
15. Execute TURN side kick with left foot going West. (fast)
16. Land left foot into RFF back stance while executing middle-section double knife-hand guarding block looking East.
17. Shift right foot North East forming RFF back stance maintaining middle-section double knife-hand guarding block execute round kick with left foot.
18. Landing left foot to right foot (touching) then right foot to RFF back stance while executing stick block.
19. Jump (spinning counter - clockwise 360 degrees) landing in the same spot executing RFF back stance while executing middle-section double knife-hand block.
20. Step left foot South forming LFF front stance while left hand blocks inside to right shoulder & right hand blocks low.
21. Shift right foot to LFF back stance while executing (*left hand is a down block & right hand is a high block*)
22. Move right foot South forming RFF front stance while executing spear-hand attack to the sternum with right hand.
23. Move left foot West (turning 270 degrees) forming LFF front stance while executing outside block.



## BROWN BELT & BROWN STRIPE FORM - CHUNG MU



24. Move right foot South forming horse stance while executing inside block with right outer forearm & back fist with right fist looking South.
  25. Execute side kick with right foot going East landing in RFF back stance.
  26. Execute side kick with left foot going East.
  27. Landing left foot in RFF back stance facing West while forming middle-section X block.
  28. Move left foot forming LFF front stance facing West while executing SIDE KICK BLOCK with palms up.
  29. Move right foot East (turning clockwise 180 degrees) forming RFF front stance while executing high block with outer right forearm.
  30. Stationary. Facing East, execute middle-section reverse punch with left fist. **[YELL]**
- End: Move right foot back to [X] forming ready stance facing North.