

Intermediate One Steps 1-18

1. R. Inside. Step right, check left, punch, punch, left foot moves, right roundhouse kick
2. R. Outside. Step left, check right, punch, punch, right foot moves, left roundhouse kick
3. R. Inside. Step right, right outside inside block, punch, punch, left foot moves right side kick
4. R. Outside. Step left, left outside inside block ,punch, punch, right foot moves, left side kick
5. R. Inside. Right front kick, right outside inside block, punch, knock hand down, left short kick
6. R. Outside. Left front kick, left outside inside block, punch, knock hand down, right short kick

Start alternating punches

7. R. Inside. Right outside inside kick, side kick, left punch, hook neck, left knee, right elbow (neck)
8. L. Inside. Left outside inside kick, side kick, right punch, hook neck, right knee, left elbow (neck)
9. R. Inside. Right front kick, right back kick, right open hand check, left punch, knock hand down, right palm strike
10. L. Inside. Left front kick, left back kick, left open hand check, right punch, knock hand down, left palm strike
11. R. Inside. Left front kick, right roundhouse kick, left spinning short kick, left lunge punch
12. L. Inside. Right front kick, left roundhouse kick, right spinning short kick, right lunge punch

13. R. Outside. Right open hand check, grab, right roundhouse kick, short kick, grab left shoulder, left soccer sweep, drop to knee, punch to face

14. L. Outside. Left open hand check, grab, left roundhouse kick, short kick, grab right shoulder, right soccer sweep, drop to knee, punch to face

15. R. Outside. Right open hand check, right round house, sidekick, left wrist strike to kidney, clear punch, right punch to ribs, prepare hands, knife hand ridge hand to knee, finish high

16. L. Outside. Left open hand check, left round house, sidekick, right wrist strike to kidney, clear punch, left punch to ribs, prepare hands, knife hand ridge hand to knee, finish high

17. R/L. Outside. Palm block & strike, right ridge hand(second punch), left palm strike, right jump spinning short kick

18. L/R. Outside. Palm block & strike, left ridge hand(second punch), right palm strike, left jump spinning short kick