

Chil Sang El Ro

- "Santa move"
- Step to front stance, breath, press, step punch
- Turn, low ridge hand block, step to front stance, breath, press, step punch
- "Santa move"
- Side block
- Middle knife hand block
- Horse stance punch (KEOP)
- Turn, front stance, scoop, set, press
- Cross, breath, press
- Pull to high inside outside block / low block, step punch
- Turn, front stance, scoop, set, press
- Cross, breath, press
- Pull to high inside outside block / low block, step punch
- Turn, low block, check block
- Step, punch, high block
- Step, punch, high block
- Step, punch (KEOP)
- Shift, press, hands to back hips (breath), set, press
- Turn, augmented block
- Shift, press, hands to back hips (breath), set, press
- Turn, augmented block
- Shift, press, hands to back hips (breath), set, press