

HWA LAWNG ONE (Y FORM) (20 MOVEMENTS)

Start from Ready Stance “A” facing “D”
all stances are long Front Stances

1. Turn left 135 degrees to “B” and execute low block.
2. Step right foot forward, right punch.
3. Step left foot forward, left punch, KEE HAWP.
4. Double step, left foot up, right around to “A”, execute low block.
5. Step right foot forward, right punch.
6. Step right foot forward, right punch.
7. Double step, right foot up, left foot around to “C”, execute low block.
8. Step right foot forward, right punch.
9. Step left foot forward, right punch.
10. Double step, left foot up, right foot around to “A”, execute low block.
11. Step left foot forward, left punch.
12. Step right foot forward, right punch.
13. Double step, right foot up, left foot around to “D”, execute low block.
14. Step right foot forward, right punch.
15. Step left foot forward, left punch.
16. Step right foot forward, right punch, KEE HAWP.
17. Double step, right foot up, left foot up, left foot around 180 degrees to “A”, execute low block.
18. Step right foot forward, right punch.
19. Step left foot forward, right punch.
20. Step right foot forward, right punch, KEE HAWP.

