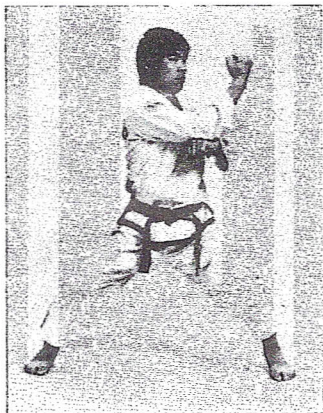


No. 53 taken from F



No. 54 taken from F



No. 55 taken from F



No. 64 taken from B



53. Execute a waving kick with the left foot and then a middle block to D with the right outer forearm, keeping the left hand as it was in 52.
54. Execute a middle strike to C with the right backhand.
55. Execute a crescent kick to the right palm with the left foot. Perform in a double kick.
56. Execute a middle side piercing kick to C with the left foot. Perform in a double kick.
57. Lower the left foot to C to form a sitting stance toward B while executing a middle strike to C with the left backhand.
58. Execute a crescent kick to the left palm with the right foot. Perform in a double kick.
59. Execute a middle side piercing kick to C with the right foot. Perform in a double kick.
60. Lower the right foot to C to form a sitting stance toward A, at the same time executing a right 9-shape block.
61. Change the position of the hands.
62. Move the left foot to C, turning clockwise to form a sitting stance toward B, while executing a right 9-shape block.
63. Change the position of the hands.
64. Execute a downward strike to D with a right side fist, forming a left vertical stance, pulling the left foot.
65. Move the right foot to A forming a left walking stance, while executing a high vertical punch with a twin fist.
66. Move the right foot to B, turning counter-clockwise to form a left walking stance, while executing a high vertical punch with a twin fist.
67. Bring the right foot to the left foot and then move the left foot to BD, forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
68. Bring the left foot to the right foot and then move the right foot to AD, forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.

End: Bring the right foot back to a ready stance.