

Yellow segment

Hints:

Beginning at the end of White, this segment moves to your right briefly, then left, then back to your right (oriented by the direction you are facing at the end of White segment) and ends at the point you began. This segment is symmetrical.

1. Right foot steps to the right into a left back stance, double knife hand block in opposite direction (to the left).
2. Right roundhouse kick, left roundhouse kick, step down into a left back stance, left low block, right reverse punch.
3. Right front kick followed by left roundhouse, land in middle stance, left knife hand strike and kiup!
4. Turn your head to the right and change into right back stance and double knife hand block.
5. Left roundhouse, right roundhouse, land in right back stance, right low block, left reverse punch.
6. Left front kick, right roundhouse, land in middle stance, right knife hand block and kiup!