



Bat Sae Dae

Large Poisonous Snake
1st Dan

S. Start - Joonbe

1. Move the left foot to the right foot, while drawing both hands to the right side (right fist in left palm); then, in tungeon motion, lower hands into **groin block**.
2. (As if being pushed) fall forward into **X-stance**, while executing **right middle block** supported by left hand at the wrist.
3. Turn left 180° into **LFS** (left front stance), execute **left inside to outside middle block**, then **right outside to inside middle block**.
4. Turn right 180° into **RFS** (right front stance), execute **right inside to outside middle block**, then **left outside to inside middle block**.
5. Bring right leg up into **Crane stance**, execute **left mountain block** and **right downblock**.
6. Pivot on the left foot 90° to the right, step out with right foot into **RFS**, execute **right middle block**, then **left outside to inside middle block**.
7. Turn 90° to the left into **SS** (saddlelock stance), execute **right side block** then **left horizontal knifehand strike** to the neck (*shout!*), then in rapid succession execute **right middle punch** and **right middle block**, **left middle punch** and **left middle block**.
8. Step right foot forward into **RBS** (right back stance), execute **right double knifehand middle block**.
9. Step left foot forward into **LBS** (left back stance), execute **left double knifehand middle block**.
10. Step right foot forward into **RBS**, execute **right double knifehand middle block**.
11. Step right foot back into **LBS**, execute **left double knifehand middle block**.
12. Step into **LFS**, execute **knifehand x-block**; chamber right leg for side kick while turning 90° on left foot, execute **right side kick**.
13. Step right foot down while turning left 180° into **LBS**, execute **left double knifehand middle block**.
14. Step right foot into **RBS**, execute **right double knifehand middle block**.
15. Bring left foot to right foot, execute **crossed open palm block** over groin; then in rapid succession, execute **twin high block**; **twin elbow strike** backward, then stepping into **RFS**, execute **twin upper cut**.

16. Execute **jumping right middle punch** in **RFS** (*shout!*).
17. Turn 180° into **LFS**, execute **right low spearhand strike**; turning 90° right, pull left foot into right foot while executing **left down block** to the side (right fist chambered).
18. Pivot 180° on left foot while executing **right crescent kick**, followed by **right down block** to the side.
19. Turn 90° to the left into **LFS**, execute **left horizontal knifehand strike**; turn hand vertical and execute **right crescent kick** and **elbow strike** to hand.
20. Land 90° to the left into **SS**, execute **triple low punch** (right/left/right).
21. Turn 90° right into **RFS**, execute **twin punch**; bring right foot back to left while executing **left side block**, then **left crescent kick**.
22. **Twin punch** in **LFS**, bring left foot to right while executing **right side block**, then **right crescent kick**.
23. **Twin punch** in **RFS**.
24. Turn 270° into deep **LFS**, execute **right turgeon middle block** to the right side.
25. Turn 180° into deep **RFS**, execute **left turgeon middle block** to the left.
26. Turn 90° to the left into **RBS**, execute **right double knifehand middle block**.
27. Turn 90° to the right into **RBS**, execute **right double knifehand middle block**.
28. Turn 90° to the left, slide into deep **LBS**, execute **left double knifehand middle block**.
29. Pull left foot back to right, repeat step number one to finish.