

Integrity

| A | | Stance | Target |
|-------------------|--------------------------------------|---------------|---------------|
| 1 L | Back horizontal elbow | B | H |
| 2 L | Upset knife-hand strike | B | H |
| 3 R | Knife-hand strike (Step forward) | B | H |
| 4 L | Upset knife-hand strike | B | H |
| 5 L | Double inner forearm block | F | H |
| 6 R | Upset punch | F | M |
| 7 L | Ridge-hand strike (shift stances) | S | H |
| 8 R | Palm heel | F | H |
| B | | Stance | Target |
| 9 L | Double inner forearm block | X | H |
| 10 R | Spin heel kick | -- | M/H |
| 11 R | Heel kick sweep | -- | L |
| 12 R | #1 round kick (sitting on ground) | -- | H |
| 13 L | Punch | SET | M |
| 14 R | Punch | SET | M |
| 15 L | Vertical punch | SET | M |
| 16 R | Knife-hand high block | SET | H |
| 17 L | Upward elbow strike (Ki-hap) | SET | H |
| 18 B | High X Block | SET | H |
| C | | Stance | Target |
| 19 L | Back elbow | B | L |
| 20 R | Back elbow | | |
| 21 L | Horizontal back elbow | B | H |
| 22 R | Reverse side kick | -- | M/H |
| 23 R | #3 hook kick | -- | M/H |
| 24 R | Double outer forearm block | S | M |
| A opposite | | Stance | Target |
| 25 R | Back horizontal elbow | B | H |
| 26 R | Upset knife-hand strike | B | H |
| 27 L | Knife-hand strike | B | H |
| 28 R | Upset knife-hand strike | B | H |
| 29 R | Double inner forearm block | F | H |
| 30 L | Upset punch | F | M |
| 31 R | Ridge-hand strike (shift stances) | F | H |
| 32 L | Palm heel | F | H |

| B opposite | | Stance | Target |
|-------------------|--------------------------------------|---------------|---------------|
| 33 R | Double inner forearm block | X | H |
| 34 L | Spin heel kick | -- | M/H |
| 35 L | Heel kick sweep | -- | L |
| 36 L | #1 round kick (sitting on ground) | -- | H |
| 37 R | Punch | SET | M |
| 38 L | Punch | SET | M |
| 39 R | Vertical punch | SET | M |
| 40 L | Knife-hand high block | SET | H |
| 41 R | Upward elbow strike (Ki-hap) | SET | H |
| 42 B | High X Block | SET | H |
| C opposite | | Stance | Target |
| 43 R | Back elbow | B | L |
| 44 L | Back elbow | B | M |
| 45 R | Horizontal back elbow | B | H |
| 46 L | Reverse side kick | -- | M/H |
| 47 L | #3 hook kick | -- | M/H |
| 48 L | Double outer forearm block | S | M |
| D | | Stance | Target |
| 49 L | X-Low block | F | L |
| 50 B | Twin upset punch | F | M |
| 51 R | #1 jump front kick | -- | M/H |
| 52 L | Upward elbow strike | F | H |
| 53 R | Punch | F | H |
| D opposite | | Stance | Target |
| 54 R | X-Low block | F | L |
| 55 B | Twin upset punch | F | M |
| 56 L | #1 jump front kick | -- | M/H |
| 57 R | Upward elbow strike | F | H |
| 58 L | Punch | F | H |