

**MID UM - Red Belt Form**  
**Meaning - Self Confidence**

	Side	Movement Name	Mid Um	Section	Stance
1	L	Spin Back Fist	Self Confidence	Back	High
2	R	Reverse Punch	43 Movements	Back	M
3	L	Punch	15,22,26,34	Back	M
4	R	Fake Front Kick			L & H
5	R	Round Kick		L & H	
6	L	Spin Hook Kick		Knee	High
7	L	Round Kick		Knee	High
8	L	Hammer Fist		Knee	High
9	R	Reverse Punch		Knee	Middle
10	R	Front Kick			M or H
11	R	X-Block		Back	Middle
12	R	Front Kick			M or H
13	L	X-Block		Back	Middle
14	L	Front Kick		M or H	
15	L	Side Kick		Middle	
16	L	Knifehand Strike	Front	High	
17	R	Reverse Punch	Front	M	
18	L	Punch	Front	M	
19	R	Reverse Inner Forearm Block	Front	Middle	
20	L	Jump Front Kick		High	
21	L	Jump Front Kick		High	
22		Twin Knifehand Strike	Closed	High	
23	L	X-Block	Back	Middle	
24	L	Front Kick		M or H	
25	R	X-Block	Back	Middle	
26	R	Front Kick		M or H	
27	R	Side Kick		Middle	
28	L	Knifehand Strike	Front	High	
29	L	Reverse Punch	Front	M	
30	R	Punch	Front	M	
31	L	Reverse Inner Forearm Block	Front	Middle	
32	R	Jump Front Kick		High	
33	R	Jump Front Kick		High	
34		Twin Knifehand Strike	Closed	High	
35	R	Spin Back Fist	Back	High	
36	L	Reverse Punch	Back	M	
37	R	Punch	Back	M	
38	L	Fake Front Kick		L & H	
39	L	Round Kick		L & H	
40	R	Spin Hook Kick	Knee	High	
41	R	Round Kick	Knee	High	
42	R	Hammer Fist	Knee	High	
43	L	Reverse Punch	Knee	Middle	