



1. Slide the left foot out making a narrow riding stance while executing a right knife hand side block to the opponent's outer wrist.



2. Grab the wrist and execute a right foot sweep to the ankle.



3. Continue to move the right leg into a chamber position.



4. Pull the opponent into a side kick.



1. Step wide to the left making a front stance and execute a right knife hand block.



2. Grab the wrist and execute a front round house kick to the solar plexus.



3. Recoil the right leg.



4. Execute an axe kick to the base of the neck.



1. Chamber hands on the right hip.



2. Step forward with the right leg making a front stance and simultaneously execute a left outer forearm side block and a right middle section punch.



3. Chamber both hands.



4. Execute a twin knife hand strike to the collar bone.



1. Step forward with the right foot making a back stance while simultaneously executing a left side block and a right vertical punch.



2. Chamber the right leg.



3. Execute a side kick to the head.



1. Step forward with the right foot making a front stance and execute a left knife hand side block.



2. Grab the wrist and execute a right punch to the solar plexus.



3. Grab the back of the hand with your right hand.



4. Step backwards and twist the arm clockwise.



5. Quickly release your left hand and regrab the opponent's hand making a wrist lock.



6. Execute a right front snap kick to the face.



1. Step back with the left foot making a back stance.
2. Execute a jump back roundhouse kick (jump spinning hook kick).

