



1. Step back with the right foot in a sliding motion making a back stance.



2. Execute an inward crescent kick block to the wrist with the right foot.



3. Step down in front of the opponent's right foot and immediately execute a jump side kick with the right foot.





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



2. Chamber the right hand.



3. Execute a right knife hand strike to the side of the neck.



4. Grab the opponent's shoulder.



5. Pull forward and execute a left hand punch to the kidney.



1. Step forward with the right foot making front stance and twin arc hand block (left hand closer to opponent).



2. Grab the wrist and hand.



3. Left foot steps in front of opponent while placing the left elbow on top of opponent's elbow and pressing down while lifting up on the hand.



4. Execute a left knife hand strike to the side of the neck.



1. Execute a left foot outward crescent kick block.



2. Step down and execute a right front roundhouse kick to the head.



1. Step forward with the right foot making a back stance and execute a right forearm front block.



2. Continue to spin counter clockwise (backwards) and execute a left elbow strike to the solar plexus.



3. Execute a left hand palm strike to the groin.



1. Step 45° to the right making a front stance.



2. Chamber the left leg.



3. Execute a left middle section side kick.



4. Drop the foot and turn clockwise.



5. Execute a right leg back kick to the head.