



1. Left foot step forward making front stance with left high rising block.



2. Right hand reverse punch to solar plexus.



3. Left hand front punch to solar plexus.



4. Right hand reverse punch to face.

Alternate ending



4. Right hand palm strike to chin.



1. Left foot step making front stance and left knife hand side block.



2. Reach left hand forward grabbing the back of the head.



3. Pull the head forward into a right elbow strike.



1. Left foot step making front stance and left side block.



2. Follow with a right punch to the solar plexus



3. Grab the wrist, step right foot behind opponent and arm across his body grabbing the shoulder.



4. Pull with the left hand, push with the right hand, slide the right foot backwards and take the opponent down.



5. Finish with a heel kick to the head.



1. Right foot front snap kick to stomach.



2. Step down and execute a left side block.



3. Right hand punch to the solar plexus.



4. Left hand reverse punch to face.

Alternate ending



4. Left palm strike to chin.



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



2. Grab the wrist and pull the opponent into a right front snap kick.



3. Step down and make a left reverse punch to the kidney.



4. Release the wrist and make a right front punch to the side of the face.



1. Step with the left foot making a front stance.



2. Grab the wrist and make a right front round house kick to the head or body.



3. Step down into a riding stance and pull the opponent into a right punch to the solar plexus.