



1. Step with the right foot making a front stance and execute a high section x-block with the right hand closer to the opponent.



2. Push the hand to the left and grab the wrist first with the left hand and then with the right.



3. Continue to make a circle with the hands and step the left foot so that you go under the opponent's arm's.



4. Twist the opponent's arm towards his head and pull towards the floor at the same time.



5. Kick to the head.



1. Step with the right foot to the outside of the opponent's foot making a back stance and execute a right front block.



2. Continue to spin counterclockwise and execute a left elbow strike to the middle.



3. Grab the ankle of the opponent's front foot.



4. Pull forward on the foot and sit on the knee.



5. Take the opponent down and execute a left heel kick to the groin or abdomen.





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



2. Pull the right hand back while grabbing the wrist with the left hand.



Reverse Angle

3. Rotate into a riding stance and execute a right elbow strike while pulling the opponent towards you.



1. Slide back with the left leg making a back stance.



2. Make a left inward crescent kick block.



3. Reamber the leg without putting it on the floor.



4. Immediately execute a left middle section side kick.



1. Step in with the left foot making a front stance and execute a left high rising block.



2. Make a right knife hand strike to the opponent's inner elbow.



3. Pull the right hand in until you can grab your own left forearm locking the opponent's arm.



4. Step with the right foot placing your leg behind the opponent's leg while bending his arm behind his head.



5. Continue with the take down and punch to the face.



1. Execute a right leg inward crescent kick block.
2. Put the foot down and immediately execute a right leg jump hooking kick.

