



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



2. Shift stance onto the right leg and execute a right elbow strike to the ribs.



3. Flip the right hand up and execute a right back fist strike to the temple.



4. Slide the right foot forward into a front stance and grab the shoulders.



5. Pull the opponent down into a left knee strike.



- 1. Slide back with the left leg making a back stance.
- 2. execute a jump back thrust kick to the face with the left foot.





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



2. Spin counter clockwise chambering the left foot.



3. Execute a jump spinning double crescent kick (left foot to right foot).



4. Continue to spin and execute a left leg back round house kick to the head.





1. Step in with the right foot making a front stance and simultaneously execute a left side block and a right middle punch.



2. Chamber the left leg.



3. Execute a left outward axe kick.



1. From ready stance make a left knife hand block and grab the wrist.



2. Continue the circular counterclockwise motion until the opponent's hand is in front of your chest and grab his hand with your right hand (thumb on the back fingers on the palm).



3. Flip the left hand so that it grabs the same as the right and step your right foot behind the opponent.



Reverse Angle

4. Twist the hand as if trying to remove the top from a jar and execute a takedown.



5. Finish with a heel to the head.



1. Step with the left foot making a front stance and high knife hand rising block and grab the wrist.



2. Execute a ridge hand strike to the rear of the elbow.



3. Place your right hand on top of your left hand making an arm lock while stepping behind to make a takedown and punch to the face..