



1. Chamber both hands to the right hip.



2. Step with right foot making front stance. Simultaneously execute a left side block and a right two finger spear-finger to the eyes.



3. Grab the shoulder.



4. Pull the person to you and execute an elbow strike to the head.



1. Step with the left foot making a front stance executing a right knife hand side block and grab the wrist.



2. Execute a right leg side kick to the knee, pushing the opponent down.



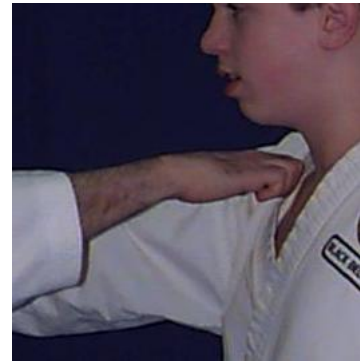
3. Rechamber the right leg and execute a hooking kick to the back of the head.



4. Pass the head with the hooking kick and return with a right front roundhouse kick to the throat.



5. Continue the roundhouse kick into a takedown.



Close up of flat fist strike.

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



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





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



2. Grab the wrist and rotate into a right front stance while executing a left palm strike to the base of the jaw.



3. Grab the shoulder and execute a left front roundhouse kick to the back of the knee.



4. Step down and execute a right front roundhouse kick to the abdomen.

3 & 4 can be done quickly with a hopping motion (double kick).



1. Step with the left foot making a front stance and simultaneously execute a left knife hand rising block and a right ridge hand strike to the groin.



2. Grab the head with the left hand.



3. Pull the head down into an elbow strike.



1. Step backwards (counter clockwise) with the left foot making a back stance and execute a right knife hand strike to the neck.



2. Immediately chamber the right leg.



3. Execute a right side kick to the solar plexus.





1. Step to the left making a half riding stance and execute an outer knife hand block with the right hand.



2. Grab the arm and begin to make a circular motion by pushing downward.



3. Complete the circle ending with the hand in front of your chest.



4. Grab the back of the hand with both of your hands. First the right then rotating the left into position.



5. Step with the left leg and push forward bend the wrist until opponent goes to their knees.



6. Execute a right leg front kick to the head (axe kick can also be used).



1. Execute a left twisting kick to the femoral artery.



2. Execute a left back fist strike to the temple.





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



2. Start to jump forward raising the right knee.



3. Continue to jump and spin executing a left flying back kick to the head.



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



2. Jump back toward your opponent.



3. Execute a middle section side kick as you land.



4. Re-chamber the leg without dropping to the floor and execute a hooking kick to the head.







1. Side step with the right leg making a walking stance and execute a right hand knife hand outer block.



2. Grab the wrist

Front view

Back view



3. Step behind opponent with the left leg making a riding stance and execute a left palm strike to the kidney.

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4. Slide the left arm under the opponent's arm and chamber.



5. Execute a forearm strike across the chest.



6. Continue striking motion until the opponent is off balance making a take down.



7. Chamber the right leg and execute a side kick to the head.





1. Execute a left knife hand side block while making a right side break fall.



2. Execute a left side kick.



1. Execute a left knife hand side block while making a right side break fall.



2. Execute a scissars kick (left front roundhouse to the back of the knee, hook kick to the ankle).



3. Roll towards the roundhouse kick making a takedown.



4. Whip the right leg downward to dislocate the knee, finish with right axe kick to the head.



1. Step with the left foot making a front stance and execute a high x-block with the left hand closest to the opponent.



2. Grab the wrist and push the hands clockwise.



3. Continue the clockwise rotation and step under the opponent's arm with your right foot.



4. Holding firmly onto the hand, twist the arm while stepping forward with the right foot.



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5. Continue to twist the arm so that the opponent does a flip forward.



6. Finish with a heel kick to the ribs or head.





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



2. Grab the wrist and pull forward while executing a left punch to the lower ribs.



3. Grab the wrist with the left hand.



4. Step forward, under the arm, with the left leg.

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5. Pivot into a right front stance with your left foot in front of your opponent's left foot.



6. Slide your right foot backwards through your opponent's left leg while pulling forward on his arm.



7. Finish the takedown.



8. Execute a right heel kick to the head.



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



2. Continue a counter clockwise spin with the left foot making riding stance and left elbow strike to the solar plexus.



3. Step backwards with the right foot making a riding stance and right elbow strike to the head.



4. Pass the head with the right arm and grab both shoulders.



5. Complete the takedown, through the side of the knee, and finish with a heel kick to the head.





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



2. Continue a counter clockwise spin with the left foot making riding stance and left elbow strike to the solar plexus.



3. Pick the left foot up and step behind the opponent's leg while executing a left knife hand strike to the throat.



4. Continue with a takedown.



5. Execute a right side kick to the head or chest.





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



2. Grab the wrist and punch to the face.



3. Rotate into a riding stance and chamber the right arm.



4. Pull the opponent into a right knife hand strike to the neck.



5. Grab the back of the head with the right hand, rotate into a front stance, pull the opponent forward and execute a left knife hand strike to the kidney



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



2. Chamber both arms above your shoulders.



3. Execute twin palm strikes to the ears.