



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



2. Pull both hands back into a chamber for twin knife hand striking.



3. Execute a twin knife hand strike to the collar bone.



4. Grab the shoulder with the right hand.



5. Pull the opponent into a left upper punch.



1. Step back with the left foot making a back stance.
2. Execute a flying front roundhouse kick.





1. Step to the left making a front stance and execute a right arc hand block.



2. Grab the wrist and rotate into a right front stance while making a left hand punch to the kidney.



3 & 4. Grabbing the wrist with both hands, step under the arm with your left foot making a riding stance, rotate the opponent's palm to face upwards and break the elbow over your shoulder. Release your left hand and execute a left elbow strike to the mid section.



1. Step back with right foot making a back stance.



2. Spin clockwise making a middle section right back kick.



3. Rechamber the right leg and make a high section front roundhouse kick.





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



2. Rotate into a front stance while executing a right ridge hand strike to the mid section.



3. Withdraw the right hand in a circular motion and make a right knife hand strike to the back of the neck.



4. Grab the neck and pull the opponent into a knee strike.





1. Step with the right foot making a back stance while executing a left knife hand side block and a right knife hand strike to the neck.



2. Grab the wrist and the neck.



3. Step backwards with the left foot making an riding stance while pulling the hands around your front.



4. Complete the throw and hold onto the opponent's arm.



5. Execute a heel kick to the head.