



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



2. Grab the wrist.



3. Execute a right punch to the face.



4. Chamber the right hand for a knife hand strike and shift into a riding stance.



5. Pull opponent into a right knife hand strike to the base of the ear.



1. Step back with the right foot in a sliding motion making a back stance.



2. Execute an inward crescent kick block to the wrist with the right foot.



3. Step down slightly to the front of the opponent's right foot.



4. Execute a left leg back kick to the chest.

Reverse Angle



1. Step with the left foot into a riding stance and execute a left front block.



2. Continue to spin clockwise (backwards) and execute a right elbow strike to the back of the head.



3. Pass the right arm over the shoulder and make a forearm strike to the chest or throat while grabbing the opponent's shoulder with the left hand.



4. Sweep and take the opponent down and execute a counter attack punch or kick.



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



2. Chamber the right hand for a back fist strike.



3. Execute a right back fist strike to the temple.



4. Slide the right foot forward into a front stance and make a left reverse punch to the solar plexus.



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



2. Chamber the right hand for a back fist strike.



3. Execute a right back fist strike to the temple.



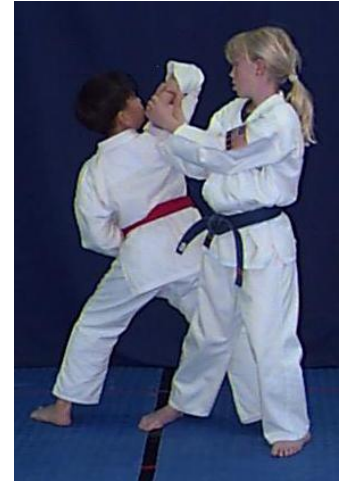
4. Slide the right foot forward into a front stance and make a left reverse punch to the solar plexus.



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



2. Grab the wrist and execute a right reverse punch to the solar plexus.



3. Grab the wrist with the right hand and begin a counter clockwise rotation of the arm while stepping backwards (clockwise) with the right foot and bringing the arms over your head.



4. Twisting the wrist towards the opponents head, pull down on the arms and execute a takedown.



5. Counter with a knife hand to the lower ribs.