

1. Right foot step making a front stance and execute a left inner forearm block.



2. Make a right front punch to the solar plexus.



3. Make a left reverse punch to the solar plexus.



4. Make a right front punch to the face.



4. Make a right palm strike to the chin.



1. Step to the left making a riding stance and left front block.



2. Make a right punch to the kidney.



3. Make a left punch to the kidney.



4. Make a right punch to the side of the face



1. From ready position, make a right knife hand side block.



2. Grab the wrist .



3. Pull opponent forward into a left front snap kick.



4. Twist the arm to the left opening up the opponent's torso.



5. Execute a right front round house kick to the head or chest.



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



2. Make a right reverse punch to the solar plexus.







3. Grab the wrist with both hands and step under the arm to pin opponent's arm behind his back.

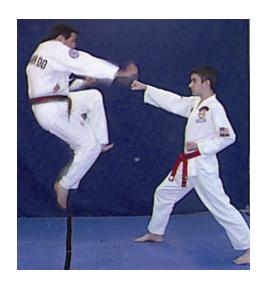


4. Kick to the back of the knee.





- 1. Slide back with the left leg making a back stance.
- 2. Execute a flying front snap kick to the face.







1. Step forward with the left foot making a front stance while simultaneously executing a left inner forearm block and a right middle punch.



2. Follow with a front snap kick to the groin.