

Technique executed in reverse angle for clarity.



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



2. Jump forward.



3. Execute a middle section side kick.



4. Pull the left foot out and start a backwards spin.



5. Continue the spin and execute a back kick to the head with the right foot.





1. Step forward with the left leg making a front stance while executing a left side knife hand block.



2. Pull both hands back to a chamber position.



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



4. Put the right foot into your opponent's lower abdomen (just above the belt).

(Continued on next page)



5. Roll backwards, pulling your opponent down and throw him over you thrusting with the right leg.



6. Roll with your opponent and pull yourself up to a mount position sitting on his chest.



7. Execute a punch to the face with either hand.



1. Slide back with the left leg making a back stance.
2. Execute a twin jump front kick to the stomach and a twin punch to the face simultaneously.





1. Slide back with the right leg making a back stance.
2. Execute a forward roll.
3. Finish with a right leg side kick to the groin.





1. Slide back with the left leg making a back stance.
2. Jump forward and execute a twin side kick.





1. Slide away from the attack with the right foot and then execute a right inward crescent kick block.



2. Step down to the outside and continue with a left spinning hook kick leg sweep.



3. After knocking the opponent down, continue with a left front roundhouse kick to the head.



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



2. Follow with a right knife hand strike to the neck.



3. Grab the shoulder and pull the opponent into a left upset punch.



4. Release the shoulder and execute a right palm strike to the groin.



1. Chamber the hands on the right hip and step forward with the right foot simultaneously executing a left side block and a right front punch to the solar plexus.



2. Chamber the left hand and execute a left knife hand strike to the neck.



3. Grab the back of the neck and execute a sweep with the left foot.



4. Finish with a kick to the head.



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



2. Grab the head with both hands.



3. Execute a head butt to the bridge of the nose using the forehead at the hairline.



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



2. Grab the wrist and withdraw the right hand and foot.



3. Step into a riding stance under the opponent's arm and grab the shoulder with your right hand.



4. Execute an over the shoulder throw.



5. Kneel on the right knee making an arm bar across the left knee and counter with any right hand strike.



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



2. Shift weight onto the right leg and execute a right elbow strike to the head



3. Step backwards with the right foot and flip the right arm over the opponent's shoulder to grab his neck.



4. Turn counter clockwise and execute a throw by pulling the opponent's head downward.



5. Complete the throw and finish with a left punch to the head.





1. Step forward with the right foot making a back stance and execute a left knife hand side block and right midsection palm strike.



2. Bring the right hand up into a ridge hand strike to the elbow.



3. Step backwards with the left foot making a front stance and grab the opponent's shoulder with your right hand.



4. Rotate onto your right knee pulling your opponent around into a takedown.



5. Finish with a right knife hand strike to the ribs.



1. Step forward with the left foot, dropping to the right knee, execute a high rising block and upset punch to the groin.



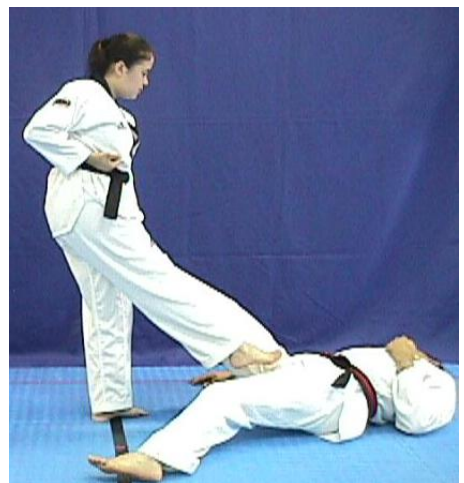
2. Palm strike to the knee with the right hand while sweeping the ankle with the left.



3. Pull the left hand towards you while pushing the right hand away effecting a takedown.



4. Stand



5. Execute a front snap kick to the face.



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



2. Grab the wrist.



3. Pull the opponent forward while pivoting into a riding stance and execute an elbow strike.



4. Slide the right foot to the left and execute a right knife hand strike to the neck.



5. Execute a right side kick to the knee.



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



2. Grab the chin and the back of the head.



3. Twist the neck to execute a take down.



Reverse Angle



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



2. Execute a left knife hand front strike to the neck.



3. Grab the back of the head with the left hand and execute a right elbow strike to the face.



1. Step back with the left foot making a back stance.



2. Execute a front kick with the the left foot.



3. Simultaneously withdraw the left foot and execute a right front roundhouse kick.





1. Step to the outside with the left foot making a reverse back stance and execute a downward palm block grabbing the wrist.



2. Grab the hand with your left hand placing the thumb on the back and fingers on the palm.

3. Bring the hand up to chest level rotating the palm towards your opponent, stepping behind with the right foot.



4. Continue to rotate the wrist to complete a takedown and finish with a kick.



1. Step back with the right leg making a back stance
2. Execute a flying spinning hook kick.





1. Step forward with the right foot simultaneously executing a left knife hand side block and a right ridge hand to the neck.



2. Grab the head with both hands.



3. Execute a left knee strike to the face.



4. Execute a right axe kick to the back or kidney.

NOTE: 3 & 4 can be done in quick sequence with a jumping motion between kicks.