



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



2. Chamber both hands for knife hand striking.



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



4. Grab the shoulders



5. Pull the opponent forward into a left knee strike to the groin.



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



2. Right knife hand strike to the neck.



3. Grab the head with the right hand and pull into a left hand punch to the side of the face.



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



2. Execute an inward crescent kick block.



3. Step down in front of the opponent and continue to spin counterclockwise.



4. Execute a spinning hook kick to the head.



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



2. Bring the right foot up and execute a high section inward axe kick.



1. Step to the left making a walking stance and execute a right knife hand side block.



2. Grab the wrist and execute a right foot front round house kick to the inner thigh.



4. Rechamber and execute a right foot roundhouse kick to the head or chest.



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



2. Continue to spin clockwise (backwards) and execute a right knife hand strike to the back of the neck.

Reverse Angle



3. Step backwards with the left foot making a riding stance and execute a left elbow strike to the middle section.

