

<b>Palgue 1</b>	
Down Block	Ready left hand by right ear. Turn to the left 90°. Step with left foot into a front stance. Down block with left hand
Outside Block	Ready right hand across body. Step forward with right foot into a front stance. Outside block with right hand.
Down Block	Ready right hand by left ear. Turn to the right 180°. Step into a front stance. Down block with right hand.
Outside Block	Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand
Down Block	Ready left hand by right ear. Turn to the left 90°. Step with left foot into a front stance. Down block with left hand.
Outside Block	Ready right hand across body. Step forward with right foot into a back stance. Outside block with right hand.
Outside Block	Ready left hand across body. Step forward with left foot into a back stance. Outside block with left hand.
Straight Punch	Step forward with your right foot into a front stance. Straight punch with your right hand. Shout.
Knife Hand Middle	Ready left hand by right ear and right arm extended, hands flat. Turn to the left 270°. Step with left foot into a back stance. Knife hand middle block with left hand
Outside Block	Ready right hand across body. Step forward with right foot into a back stance. Outside block with right hand
Knife Hand Middle	Ready right hand by left ear and left hand extended, hands flat. Turn to the right 180°. Step with right foot into a back stance. Knife hand middle block with right hand.
Outside Block	Ready left hand across body. Step forward with left foot into a back stance. Outside block with left hand
Down Block	Ready left hand by right ear. Turn to the left 90°. Step with left foot into a front stance. Down block with left hand
Chop	Ready right hand by right ear, hand flat. Step forward with right foot into a front stance. Chop with right hand
Chop	Ready left hand by left ear, hand flat. Step forward with left foot into a front stance. Chop with left hand.
Straight Punch	Step forward with your right foot into a front stance. Straight punch with your right hand. Shout.
Down Block	Ready left hand by right ear. Turn to the left 270°. Step with left foot into a front stance. Down block with left hand
Outside Block	Ready right hand across body. Step forward with right foot into a front stance. Outside block with right hand
Down Block	Ready right hand by left ear. Turn to the right 180°. Step with right foot into a front stance. Down block with right hand.
Outside Block	Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.

## **Self Defense 2: Lapel Grab**

Strike to the eardrums of your opponent with both hands in a clapping motion. Step back with the right leg as you chop downwards with both hands striking to the opponents wrists. Ridge hand to the temple with the left hand, uppercut with the right hand. Front kick to the groin and shout

## **Roundhouse Kick Combination**

Rear leg roundhouse kick,  
Sliding roundhouse kick,  
Jump Roundhouse kick,  
Pop-up Roundhouse kick,  
Jab/Punch, shout

## **One-Step Sparring #2**

Step to the right,  
Front kick with the left leg,  
Pop-Up Front kick with the right leg,  
Jab/Punch, shout