

## Palgue 5

- 1. Knife Hand Down** - Step with your left foot into a back stance, Knife hand middle block.
- 2. Knife Hand Middle** - Step forward into a back stance, Knife hand middle block.
- 3. Palm Press** - Step back with the right foot into a back stance, palm press with the left hand.
- 4. Punch** - Step forward with the right foot into a front stance, punch with the right hand.
- 5. Knife Hand Down** - Spin around with the right foot into a back stance. Knife hand down block.
- 6. Knife Hand Middle** - Step forward with left foot into a back stance. Knife hand middle block.
- 7. Palm Press** - Step backwards into a back stance with the left foot, palm press with the right hand.
- 8. Punch** - Step forward with the left foot and punch with the left hand.
- 9. Scissor Block** - Move the right foot into a front stance, scissor block.
- 10. Double Outside Block** - Step forward into a front stance with your right leg, double outside block.
- 11. Double Outside Block** - Step forward with the left foot into a front stance, double outside block.
- 12. Spear Hand Thrust** - Step forward with your right leg into a front stance. Spear hand thrust, shout.
- 13. Outside Block** - Spin around with your left leg into a front stance. Outside block with your left hand.
- 14. Punch-Punch** - Remaining in your front stance, punch first with the right hand, then the left.
- 15. Crane Stance** - Pull your left foot up to your right knee into a crane stance.
- 16. Side Kick, Land Elbow Smash** - Side kick with your left leg, land in a front stance and elbow smash with the right elbow.
- 17. Knife Hand Middle** - Step forward with your right leg into a back stance, knife hand middle block.
- 18. Outside Block** - Spin around with your right leg into a front stance, outside block with your right hand.

- 19. Punch-Punch** - Staying in the front stance, punch with the left hand, then right.
- 20. Crane Stance** - Pull your right foot into your left knee into a crane stance.
- 21. Side Kick, Land Elbow Smash** - Side kick with your right leg landing in a front stance, elbow smash with your left elbow.
- 22. Knife Hand Middle** - Step forward with your left leg into a back stance, knife hand middle block.
- 23. Scissor Block** - Step with your left leg into a front stance, scissor block.
- 24. Double Down Block** - Step forward with your right foot into a back stance, Double down block.
- 25. Double Down Block** - Step forward with your left foot into a back stance, double down block.
- 26. Punch** - Step forward into a front stance with your right foot, punch with your right hand, shout.
- 27. Knife Hand Down** - Spin around with your left foot into a back stance, knife hand down block.
- 28. Knife Hand Middle** - Step forward into a back stance, Knife hand middle block.
- 29. Palm Press** - Step back with the right foot into a back stance, palm press with the left hand.
- 30. Punch** - Step forward with the right foot into a front stance, punch with the right hand.
- 31. Knife Hand Down** - Spin around with the right foot into a back stance. Knife hand down block.
- 32. Knife Hand Middle** - Step forward with left foot into a back stance. Knife hand middle block.
- 33. Palm Press** - Step backwards into a back stance with the left foot, palm press with the right hand.
- 34. Punch** - Step forward with the left foot and punch with the left hand.

## **Twist Kick Combination**

Inside crescent kick,  
Twist kick,  
Roundhouse kick,  
Jump spin roundhouse,  
Jab/Punch, Shout

## **Self Defense #8**

Start on your back with the arms pinned on the ground. Push up on the arms twice trying to escape, on the third time slam the hands down to your side at attention and drive your right knee up and to the side. This should roll your opponent over, roll with them and deliver a punch.

## **One Step Sparring #8**

Start at ready position,  
Inside crescent kick with the right leg,  
Side kick with the right leg,  
Pop up side kick with the right leg,  
Jab/Punch, Shout