

Palgue 6

Knife Hand Middle Block	Turn to the left 90° and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
Front Kick, Reverse Punch	Front kick with your left foot and step forward with it into a front stance. Reverse punch with your right hand.
Knife Hand Middle Block	Turn to the right 180° and step with your right foot into a back stance. Knife hand middle block with your right hand forward.
Front Kick, Reverse Punch	Front kick with your left foot and step forward with it into a front stance. Reverse punch with your left hand.
Down Block	Turn to the left 90° and step with your left foot into a front stance. Down block with your left hand.
Guarding Chop	Shift your hips a bit to the right as you pull your left hand to the right side, crossing your right hand over your left at your belt. Shift your hips forward again as you guarding chop, right hand forward.
Front Kick, Back Fist Smash	Front kick with your right foot and skip forward into a monkey stance. Back fist smash with your right hand. Shout.
Knife Hand Lower Block	Turn to the left 270° and step with your left foot into a back stance. Knife hand lower block with your left hand forward.
Double Ram head Break	Shift your left foot into a front stance. Double ram head break with both hands.
Front Kick, Punch, Punch	Front kick with your right foot and step forward with it into a front stance. Reverse punch with your right hand. Reverse punch with your left hand.
Knife Hand Lower Block	Turn to the right 180° and step with your right foot into a back stance. Knife hand lower block with your right hand forward.
Double Ram Head Break	Shift your right foot into a front stance. Double ram head break with both hands.

Front Kick, Punch, Punch	Front kick with your left foot and step forward with it into a front stance. Reverse punch with your left hand. Reverse punch with your right hand.
Knife Hand Middle Block	Turn to the left 90° and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
Guarding Palm Press	Shift your left foot into a front stance. Guarding palm press with your with your right hand forward.
Front Kick, Temple Smash	Front kick with your right foot and step forward with it into a front stance. Temple smash with your right hand. Shout.
Front Kick, Upper Block	Front kick with your left foot and step forward with it into a front stance. Upper block with your left hand.
Side Kick/Back Fist, Knife Hand Middle Block	Simultaneously side kick your right foot and back fist with your right hand. Step forward with your right foot into a back stance and knife hand middle block with your right hand forward.
Knife Hand Middle Block	Turn to the left 180°, slide your right foot to your left foot and step into a back stance. Knife hand middle block with your left hand forward.

Self Defense 9: Bear Hug

Slam your head backwards to butt your opponent's face with the back of your head. Step out with your right foot and palm strike your opponent's groin with your left hand. Grab the groin with your left hand and step behind your opponent with your left foot. Pull your left elbow up into the opponent's chin and reverse punch your opponent's face with your right hand.

Crescent Kick Combination

Jump inside crescent kick
Jump outside crescent kick
Inside crescent kick
Tornado kick
Jab/ Punch, Shout

One Step Sparring #9

Start at ready position
No leap
Inside crescent kick with the left leg
Jump outside crescent with the right leg
Pop up front kick with the right leg
Jab/Punch, Shout