

Palgue 3

Down Block	Turn to the left 90° and step with your left foot into a front stance. Down block with your left hand.
Straight Punch	Step forward with your right foot into a front stance. Straight punch with your right hand.
Down Block	Turn to the right 180° and step back with your right foot into a front stance. Down block with your right hand.
Straight Punch	Step forward with your left foot into a front stance. Straight 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.
Upper Block	Step forward with your right foot into a front stance. Upper block with your right hand.
Upper Block	Step forward with your left foot into a front stance. Upper block with your left hand.
High Punch	Step forward with your right foot into a front stance. High punch with your right hand. Shout.
Knife Hand Middle Block	Turn to the left 270° and step with your left foot into a back stance. Knife hand middle block with your left hand forward.
Knife Hand Middle Block	Step forward with your right foot into a back stance. Knife hand middle block with your right hand forward.
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.
Knife Hand Middle Block	Step forward with your left foot into a back stance. Knife hand middle block with your left hand forward.
Outside Block	Turn to the left 90°, touch your left foot to your right knee, and step with your left foot into a back stance. Outside block with your left hand.
Outside Block	Turn to the right 180°, touch your right foot to your left knee, and step with your right foot into a back stance. Outside block with your right hand.

Outside Block	Step backwards with your right foot into a back stance. Outside block with your left hand.
Outside Block	Step backwards with your left foot into a back stance. Outside block with your right hand.
Outside Block	Step backwards with your right foot into a back stance. Outside block with your left hand. Shout.
Outside Block	Turn to the right 180°, touch your right foot to your left knee and step with your right foot into a back stance. Outside block with your right hand.
Upper Block	Turn to the left 270° and step with your left foot into a front stance. Upper block with your left hand.
High Punch	Step forward with your right foot into a front stance. High punch with your right hand.
Upper Block	Turn to the right 180° and step with your right foot into a front stance. Upper block with your right hand.
High Punch	Step forward with your left foot into a front stance. High punch with your left hand.

Self Defense 4: Rear Strangle

Grab the hand at your throat with your right hand and simultaneously pull/twist it to release it from your neck while you step out with your right leg into a horse stance and elbow strike with your left arm to their solar plexus. Hammer fist with your left hand to their groin. Claw to their face with your left hand. Grab your opponent's head with your left hand and throw them forward by pulling them to your hip and twisting them to the right, dropping to your left knee to maintain balance. Reverse punch with your right hand to their face.

Multiple Kick Kicking Combination

Rear leg front kick,
Rear leg side kick,
Rear leg round house kick,
Spin back kick,
Jab/Punch, Shout

One Step Sparring #4

Start at ready position,
Step diagonally to the back/right,
Side kick with the left leg,
Spin back kick with the right leg,
Pop-up side kick with the right leg,
Jab/Punch, Shout