

Palgue 1 (9-20)

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.
Punch	Step forward with right foot into a front stance. Punch with right hand and 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 3: Head Lock

Bent over in a head lock position, C-step with your left leg in and back into a horse stance and simultaneously hammer fist with your right hand to your opponent's groin and with your left to your opponent's kidney. Reach behind your opponent with your left hand to grab their hair/face/throat, pull back and shift your left leg into a front stance and palm strike with your right hand to their chin/nose.

Side Kick Combination

Rear leg side kick,
Sliding side kick,
One-Step Flying Side Kick,
Pop up side kick,
Jab/Punch, Shout

One Step Sparring #3

Start at ready position,
Step diagonally forward/right,
Roundhouse with the left leg,
Spin back kick with the right leg,
Jab/Punch, Shout