

Palgue 4

Twin Forearm Block	Turn to the left 90° and step with your left foot into a back stance. Twin forearm block with your left hand.
Uppercut	Drop your right hand to your chest and uppercut with your right hand while you bring your left hand to your right shoulder.
Side Knife Hand Chop	Touch your left foot to your right knee and step back down with your left foot into a horse stance. Side knife hand chop with your left hand.
Twin Forearm Block	Turn to the right 180° and step your left foot to your right foot and then out with your right foot into a back stance. Twin forearm block with your right hand forward.
Uppercut	Drop your left hand to your chest and uppercut with your left hand while you bring your right hand to your left shoulder.
Side Knife Hand Chop	Touch your right foot to your left knee and step back down with your right foot into a horse stance. Side knife hand chop with your right hand.
Knife Hand Middle Block	Step your right foot to your left foot and step out with your left foot into a back stance. Knife hand middle block with your left hand forward.
Front Kick, Spear Hand	Front kick with your right foot and step forward with it into a front stance. Spear hand thrust with your right hand.
Spin, Hammer Fist	Pull your right hand to your belt as you turn 360° to the left and step with your left foot into a front stance. Hammer fist with your left hand.
Reverse Punch	Step forward with your right foot into a front stance. Reverse punch with your right hand. Shout.
Twin Forearm Block	Turn to the left 270° and step with your left foot into a back stance. Twin forearm block with your left hand forward.
Uppercut	Drop your right hand to your chest and uppercut with your right hand while you bring your left hand to your right shoulder.

Side Knife Hand Chop	Touch your left foot to your right knee and step back down with your left foot into a horse stance. Side knife hand chop with your left hand.
Twin Forearm Block	Turn to the right 180° and step your left foot to your right foot and then out with your right foot into a back stance. Twin forearm block with your right hand forward.
Uppercut	Drop your left hand to your chest and uppercut with your left hand while you bring your right hand to your left shoulder.
Side Knife Hand Chop	Touch your right foot to your left knee and step back down with your right foot into a horse stance. Side knife hand chop with your right hand.
Knife Hand Middle Block	Step your right foot to your left foot and step out with your left foot into a back stance. Knife hand middle block with your left hand forward.
Front Kick, Spear Hand	Front kick with your right foot and step forward with it into a front stance. Spear hand thrust with your right hand.
Spin, Hammer Fist	Pull your right hand to your head as you turn 360° to the left and step with your left foot into a front stance. Hammer fist with your left hand.
Reverse Punch	Step forward with your right foot into a front stance. Reverse punch with your right hand. Shout
Down Block	Turn to the left 270° and step with your left foot into a horse stance. Down block with your left hand.
Reverse Punch	Shift you left leg into a front stance. Reverse punch with your right hand.
Down Block	Turn to the right 180°, step your left foot to your right foot and step with your right foot into a horse stance. Down block with your right hand.
Reverse Punch	Shift you right leg into a front stance. Reverse punch with your left hand.

Self Defense 6: Forward Attack

Slight step to the left, and redirect attacker to the side with hands. Lift up the right leg and round house to the stomach. Back fist to the back of the head with the right hand, and palm strike to the ribs with the left hand.

Hook Kick Combination

Spin hook kick,
Double roundhouse kick,
Slide hook kick,
Jump hook kick,
Jab/Punch, Shout

One Step Sparring #6

Start at ready position,
Step to the left,
Side kick with the right leg,
Slide hook kick with the right leg
Jab/Punch, Shout