

22B

Horse Stance	Step with right leg, shout
Straight Punch	Punch with right hand, shout
Straight Punch	Punch with left hand, shout
Upper Block	Upper block with right hand
Upper Block	Upper block with left hand.
Down Block	Down block with right hand.
Down Block	Down block with left hand.
Inside Block	Inside block with right hand.
Inside Block	Inside block with left hand.
Outside Block	Outside block with right hand.
Outside Block	Outside block with left hand.
Salutation	Right foot steps in, left palm over right fist, feet together.
Fighting Stance	Step back with right foot, shout
Front Kick	Front kick with right leg stepping forward.
Front Kick	Front kick with left leg stepping forward.
Turn and Shout	Turn upper body, shout
Sliding Side Kick	Sliding side kick with the right leg.
Turn and Shout	Turn upper body, shout
Sliding Side Kick	Sliding side kick with the left leg.
Back Fist	Back fist with the left hand.
Reverse Punch	Reverse punch with right hand, shout
Salutation	Step back with left foot, feet together, salutation position.

Self Defense Number 1: Choke Hold

Make a triangle with both of your hands at your throat, pressing your opponent's wrists together. As you press your hands forward, pushing their hands away, step back with your right foot. Separate their hands a bit, then groin snap kick with your right foot. Elbow smash with your right elbow.

One-Step #1

Step to the right,
Front kick with the left leg,
Front kick with the right leg,
Jab/Punch, Shout

Front Kick Combination

Rear leg front kick
Sliding front kick
Jump front kick
Pop-up front kick
Jab/Punch, Shout