

Chung Mu

Twin Knife Hand Block	Form a triangle with your hands at your belt, turn to the left 90° and step with your left foot into a back stance. Twin knife hand block with your left hand forward.
Guarding Chop	Step forward with your right foot into a front stance. Guarding chop 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.
Spear Hand Thrust	Step forward with your left foot into a front stance. Spear hand thrust with your left hand, palm horizontal.
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.
Side Kick/Back Fist, Knife Hand Middle Block	Turn to the right 180°, simultaneously side kick with your right foot and back fist with your right hand. Step down with your right foot into a back stance. Turn to the left 180° and knife hand middle block with your left hand forward.
2 Steps, Flying Side Kick, Knife Hand middle	Step forward with your right foot and then your left foot and flying side kick with your right foot. Shout. Land with your right foot forward in a back stance. Knife hand middle block with your right hand forward.
Down Block	Turn to the left 270° and step with your left foot into a back stance. Down block with your left hand.
Twin Spear Hand Thrust	Form a triangle with your hands at your belt and shift your left foot into a front stance. Twin spear hand thrust with both hands.
Head Smash, Ridgehand	Bring your right knee forward and head smash by slapping your hands to your right knee. Step forward with your right foot, and turn to the left 180° into a front stance. Ridgehand with your right hand, supporting it with your left hand at your right elbow.
Traditional Round Kick, Spin Back Kick	Bring your hands up into a traditional fighting stance. Traditional round kick with your right foot and step forward with it. Spin back kick with your left foot. Turn to the right 180° and stand in a

	traditional fighting stance, right hand forward.
Traditional Round Kick	Traditional round kick with your left foot and step down with your left foot touching your right foot. Turn to the right 90° and form a triangle with your hands at your left side.
Twin Bo Block	Step forward with your right foot into a back stance. Twin bo block with your right hand forward
(360) Jump, Knife Hand Middle Block	Jump in the air and spin to the left 360°. Land facing forward with your right foot forward in a back stance. Knife hand middle block with your right hand forward.
Reverse Guarding Spear Hand Thrust	Step forward with your left foot into a front stance and open your arms so your left hand points down and your right hand points up. Reverse guarding spear hand thrust with your right hand, bringing your left hand to your neck.
Groin Rip, Down Block	Shift your left foot into a back stance. Groin rip with your right hand and down block with your left hand. Your right palm should face backwards.
Spear Hand Thrust	Step forward with your right foot into a front stance. Spear hand thrust with your right hand. Shout.
Double Outside Block	Turn to the left 270° and step with your left foot into a front stance. Double outside block with your left hand forward.
Temple Smash, Back Fist Smash	Step forward with your right foot into a back stance. Temple smash with your right hand. Back fist smash with your right hand.
Side Kick, Side Kick, X Block Middle	Turn to the left 180°, side kick with your right foot and step forward. Side kick with your left foot and step forward into a back stance. Turn to the right 180° and X block middle with both hands.
Double Arm Break	Step forward with your left foot into a front stance. Double arm break with both hands.
Upper Block, Reverse Punch	Turn to the right 180° and shift your right foot into a front stance. Upper block with your right hand. Reverse punch with your left hand. Shout.

Self Defense 12: Against the Wall

Reach across with your left hand to grab your opponent's left wrist. Bring your right knee up into your opponent's groin as you leopard strike to your opponent's neck. Grab their left elbow with your right hand and push them up against the wall. Knee strike them in the back with your right knee and stomp down on their left calf to force them to the ground. Grab their hair with your right hand and smash their face into the wall three times. Step away to your right with your left foot and spin back kick their head with your right foot.

Advanced Wheel Kick Combination

Jump back kick,
Pop up hook kick,
360° Jump wheel kick,
Jab/Punch, Shout

One Step Sparring #12

Start at ready position,
Step to the left,
Pop round kick with the right leg,
Eye rake with the left hand,
Leg sweep with the left foot,
Punch, Shout