

## 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.

## **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