

## 22-B (13-22)

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 2: Lapel Grab**

Strike to the eardrums of your opponent with both hands in a clapping motion. Step back with the right leg as you chop downwards with both hands striking to the opponents wrists. Ridge hand to the temple with the left hand, uppercut with the right hand. Front kick to the groin and shout

## **Roundhouse Kick Combination**

Rear leg roundhouse kick,  
Sliding roundhouse kick,  
Jump Roundhouse kick,  
Pop-up Roundhouse kick,  
Jab/Punch, shout

## **One-Step Sparring #2**

Step to the right,  
Front kick with the left leg,  
Pop-Up Front kick with the right leg,  
Jab/Punch, shout