

## Universal # 5

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<u>Technique</u>	<u>Side</u>	<u>Stance</u>	<u>Step</u>
1. Position (Ready Stance)			
2. Bow (Goes as Follows)			
3. Right fist into left palm face level, bring hands down & feet together			
4. Turn Right			
5. Downward Knife Hand	Left	Rt. Front	Yes
6. Outward Crescent Kick	Left		Yes
7. Downward Knife Hand	Right	Left Front	Yes
8. Outward Crescent Kick	Right		Yes
9. Feet should be together			
10. X-Block High	Both	Feet Together	No
11. Double Outer Knife Hands	Left	Guarding	Yes
12. Rear Front Kick	Right		No
13. Downward Block	Left	Guarding	No
14. Reverse Punch	Right	Front	No
15. Double Outer Knife Hands	Left	Guarding	No (Yell)
16. Jump Front Kick	Left		Yes
17. Sandwiching Elbow	Right	Horse	Yes
18. Slide up Double Round Kick	Right		Yes
19. Reverse Punch	Left	Kneeling	No (Yell)
20. Inward Block	Right	Twist	No
21. Knife Hand Strike	Right	Twist	No
22. Side Kick	Right		Yes (Cross Over)
23. Side Kick	Left		Yes
24. Twin Knife Hand Low	Both	Horse	No (Yell)
25. Outward Block	Left	Horse	No
26. Punch	Right	Horse	No
27. Outward Block	Right	Horse	No
28. Punch	Left	Horse	No
29. Outward Knife Hand	Left	Reverse Bow	No
30. Reverse Punch	Right	Front	No (Yell)
31. Outward Knife Hand	Right	Reverse Bow	No
32. Reverse Punch	Left	Front	No
33. Outer Knife Hand Block	Left	Kneeling	No
34. Upward Wrist Block	Left	Kneeling	No
35. Tiger Claw	Left	Kneeling	No
36. Frog Stance			
37. Front Roll			
38. Pop Up Jump Front Kick	Left		Yes
39. Reverse Punch	Right	Kneeling	No (Yell)

Bow Out

## **SELF DEFENSE**

### **Crouching Falcon – Push**

1. Step forward w/right leg doing twin outer knife hand blocks
2. Right upward elbow to attackers face
3. Right tiger claw to face

### **Sweeping Arm Hook – Push**

1. Hands are up blocking push downward stepping back w/ your right leg
2. Right front kick to stomach advancing
3. Right elbow strike to face w/ a downward claw to face

## **SPARRING TECHNIQUES**

### **Combo # 19**

<b><u>Technique</u></b>	<b><u>Side</u></b>
1. Guarding Stance	Left
2. Outward Block	Left
3. Reverse Punch	Right
4. Inside Crescent Kick	Right
5. Outside Crescent Kick (Returning)	Right
6. Spinning Crescent Kick	Right

### **Combo # 20**

<b><u>Technique</u></b>	<b><u>Side</u></b>
1. Guarding Stance	Left
2. Step up Round Kick	Left
3. Reverse (Spinning) Side Kick	Right
4. Back Fist	Right
5. Rear Leg Round Kick	Left

### **Combo # 21**

<b><u>Technique</u></b>	<b><u>Side</u></b>
1. Step Up Side Kick	Left
2. Side Kick	Left
3. Reverse Side Kick	Right
4. Rear Leg Double Round Kick	Left