

## 2

<u>Technique</u>	<u>Side</u>	<u>Stance</u>	<u>Step</u>
	Bow		
1. Back Fist	Left	Guarding	Yes
2. Step Thru Punch	Right		Yes
3. Spinning Back Fist	Left		Yes
4. Kneeling Punch	Right	Kneeling	No (Yell)
5. Knife Hand Low/High	Left	Reverse Bow	Yes
6. Knife Hand Low/High	Right	Reverse Bow	Yes
7. Horizontal Spear Hand	Right	Horse	Yes
8. Horizontal Spear Hand	Left	Horse	No
9. Vertical Spear Hand	Right	Horse	No
10. Vertical Spear Hand	Left	Horse	No
11. Inverted Spear Hand	Right	Horse	No
12. Inverted Spear Hand	Left	Horse	No (Yell)
13. Push Block High & Low (Slow)	Left	Crane	No
Push Block High & Low (Slow)	Left	Crane	No
	Bow Out		

### SELF DEFENSE

#### **DOUBLE BLADES – Round House Punch**

1. Step to 12:00 with right foot as you do a Double Knife Hand Block
2. Grab with your left hand and pull him off balance  
Execute a right outward Knife Hand

#### **RETURNING VIPER – Right Punch**

1. Step Left to 10:00 as you do a left parry block
2. Grab his arm with your right hand
3. Right round house kick
4. Right bouncing back kick  
Cover out to a fighting stance

#### **BLOCKS – Star Block Set**

1. Traveling Star Block Set  
Traveling Star Block Set W/ Punches

#### **PUNCHING SET**

1. High Block & Punch
2. Inward Block & Punch
3. Outward Block & Punch
4. Low Block, Punch & Front Kick or Round Kick  
Push-Down, Back Fist & Reverse Punch

## SPARRING TECHNIQUES

### **Combo # 4**

<u>Technique</u>	<u>Side</u>
1. Inner Forearm Block	Left
2. Reverse Punch	Right
3. Punch	Left
4. Rear Leg Front Kick	Right
Rear Leg Round Kick	Left

### **Combo # 5**

<u>Technique</u>	<u>Side</u>
1. Right Guarding Stance	
2. Step Up Side Kick	Right
3. Back Fist	Right
4. Reverse Punch	Left
Rear Leg Round Kick	Left
Variation – Double Round Kick	

### **Combo # 5**

<u>Technique</u>	<u>Side</u>
1. High Block	Left
2. Reverse Punch	Right
3. Punch	Left
4. Rear Leg Front Kick (Returning)	Right
5. Rear Leg Round Kick (Advancing)	Right