

Empty Hand 1

| <u>Technique</u> | <u>Side</u> | <u>Stance</u> | <u>Step</u> |
|--|-------------|---------------|-------------|
| | Bow | | |
| 1. Knife Hand Strike (High) | Left | Guarding | Yes |
| 2. Vertical Punch | Right | Front | No |
| 3. <u>Low Chop</u> | Right | Front | No (Yell) |
| 4. Rear Leg Front Kick | Right | | Yes |
| 5. Jump Front Kick | Right | | Yes |
| 6. <u>Twin Hammer Fist Low</u> | Both | Rear Cross | Yes (Yell) |
| 7. Spinning Hammer Fist | Left | Guarding | Yes |
| 8. Vertical Punch | Right | Front | No |
| 9. Concentration Knife Hand | Left | Feet Together | No |
| 10. Spinning Hook Kick | Right | | No |
| 11. Low Knife Hand | Right | Front | No |
| 12. Rear Leg Side Kick | Right | | Yes (Yell) |
| 13. <u>Turn & Opposite Direction</u> | Left | Guarding | No |
| 14. Reverse Vertical Punch | Right | Cross Over | Yes |
| 15. Vertical Punch | Left | Step Forward | Yes |
| 16. Downward Hammer Fist | Right | | Yes |
| 17. Spinning Hammer Fist | Left | | Yes |
| 18. Downward Hammer Fist | Right | Guarding | No |
| 19. Rear Leg Front Kick | Right | | No |
| Side Kick | Right | | No (Yell) |

Bow Out

SELF DEFENSE

Diving Hawk – Hammer Lock Arm Behind the Back

1. Counter Grab w/right hand
2. Step in w/left and elbow
3. Step w/left forward to 10:00 and spin out w/right straightening attackers arm
Chicken kick & arm bar

Twin Kimono – Double Lapel Grab

1. Left Hand pins both hands
2. Step back w/left leg straightening out arms doing an upward block w/the right to the elbow
3. Inward block with the right to the side of the arm
4. Chop w/right to the neck
5. Clear the grab w/both hands
6. Right sandwiching elbow to the face in a horse stance

7. Right Hammer Fist to groin
8. Right Back/Side Kick to chest
Cover Out

SPARRING TECHNIQUES

Combo # 16

| <u>Technique</u> | <u>Side</u> |
|------------------------------|-------------|
| 1. Guarding Stance | Left |
| 2. Jump Front Kick Advancing | Left |
| 3. Back Fist | Left |
| 4. Reverse Punch | Right |
| Rear Leg Side Kick | Right |

Combo # 17

| <u>Technique</u> | <u>Side</u> |
|---------------------------|-------------|
| 1. Guarding Stance | Left |
| 2. Step Front Kick | Left |
| 3. Rear Leg Crescent Kick | Right |
| 4. Side Kick | Right |
| 5. Back Fist | Right |
| 6. Ridge Hand Strike | Left |
| Rear Leg Round Kick | Left |

Combo # 18

| <u>Technique</u> | <u>Side</u> |
|--------------------------|-------------|
| 1. Knife Hand High Block | Left |
| 2. Reverse Punch | Right |
| 3. Punch | Left |
| 4. Front Leg Round Kick | Left |
| 5. Rear Leg Side Kick | Right |
| Slide Up Hook Kick | Right |