

3 Step

1. Right leg back, walking stance, middle block x 3, reverse punch
2. Left leg back, L stance, middle block x3, step step strike.
3. Left leg back, L stance, inward block x 3, back fist downward strike
4. Left leg back, L stance, middle block x3, drop front hand down, sitting stance, double punch
5. Right leg back, L stance, outward block x 2, front foot into sitting stance, outward block, punch to jaw.
6. Right leg back, L stance, outward knife hand x 2, front foot into sitting stance, outward knife hand, inward knife hand to neck
7. Right leg back, L stance, outward block x 2, jump back and guard, snap kick change hands double punch.
8. Right leg back, L stance, outward knife hand block x 2, jump back knife hand guard, side kick, backfist downward strike.
9. Right leg back, L stance, palm pushing x 3, step front foot into walking stance, turning kick, back foot in and strike to neck
10. Right leg back, L stance, outward knife hand x 2, jump back knife hand guard, spin side kick, rear hand ridge hand.