

2 Step

All attacks start right leg back guard

All defence start from junbi

Punch, snap kick

right leg back, rising block, x fist pressing, twin vertical punch.

Side punch, turning kick

Right leg back, upward palm block, waist block, elbow

Snap kick, twin vertical punch

Right leg back, x fist pressing, wedging block, back knee

Flat fingertip thrust, side kick

Right leg back, knife hand rising, palm pushing, snap kick, twin upset to kidneys

Spin side kick, heel of the palm strike

Right leg back, open palm waist block, inward block, rear hand ridgehand.

High turning kick, arc hand

Left leg back, checking block, hooking block, side kick.

Side fist reverse turning waist height

Left leg back, twin forearm block, jump bak and guard, reverse turning head height

Side kick, spin side kick

Right leg back, inner forearm block, step behind, step behind knife hand, jump x stand, back fist to occipital

