



Attacks **Always Right leg back,
Step forward three times with middle section punches in walking stance**

Yellow Belt

- 1 **Defence** Right leg back walking stance.
Middle inner forearm block to the inside of the attackers punch three times
Counter Reverse punch (right hand)
- 2 **Defence** Left leg back 'L' stance.
Middle inner forearm block to the outside of the attackers punch, three times.
Counter Right hand knifehand strike, stepping forward with front foot into sitting stance.
- 3 **Defence** Left leg back 'L' stance.
Middle inner forearm block to the inside three times.
Counter Right hand back fist strike to bridge of nose, slipping front foot into walking stance.

Yellow /Green Belt

- 4 **Defence** Left back 'L' stance.
Middle inner forearm block to the outside three times
Counter Step out into sitting stance with left leg.
Middle section double punch (left then right)
- 5 **Defence** Right leg back 'L' stance.
Middle outer forearm block to the inside two times.
Counter On the third punch, move to the right to form a sitting stance. Execute a left hand outer forearm block and a high section punch with the right hand simultaneously.
- 6 **Defence** Right leg back 'L' stance.
Middle outer knifehand block to the inside two times.
Counter On the third punch, move to the right to form a sitting stance. Execute a left hand middle section outer knifehand block and a right hand high section inwards knife hand strike simultaneously.

Green Belt

- 7 **Defence** Right leg back 'L' stance. Middle outer forearm block to the inside twice, step back at 45 degree angle to the right forming 'L' stance, execute forearm guarding block.
Counter Right leg front kick, double punch (middle section) in walking stance.
- 8 **Defence** Right leg back 'L' stance. Middle outer knifehand block to the inside twice, on the third punch step back at 45 degree angle to the right forming an 'L' stance, execute knifehand guarding block.
Counter Right leg side piercing kick, right high section back-fist strike in 'L' stance.
- 9 **Defence** Right leg back 'L' stance. Middle palm pushing block to the inside two times.
On the third punch step back at 45 degree angle to the left forming 'L' stance, forearm guarding block.
Counter Right leg turning kick to middle section, high section knife hand strike in vertical stance.
- 10 **Defence** Right leg back 'L' stance, knife hand block to the inside two times
Counter Move right foot to left foot pushing off left foot slide back at a 45 degree angle into a right 'L' stance knife hand guarding block. Execute a right reverse side kick land in right walking stance reverse knife hand strike to the philtrum