

## 25 Strikes to the Inside

00290

Partner 1 will step with the right foot and punch with the right hand

1. Right foot step forward inner block with a cover.
2. Right hand knifehand strike to the side of the neck.
3. Left hand palm heel.
4. Right hand uppercut to the body.
5. Right hand chambers to the head for a hammerfist.
6. Right knifehand
7. Left palmheel
8. Right knifehand
9. Right elbow smash
10. Right hammerfist to the groin
11. Right backfist to the nose
12. Left palmheel
13. Right straight punch to the bladder
14. Two hand earlap
15. Thumbs to the eyes
16. Grab head-headbutt
17. Left knee-plant forward
18. Right cross elbow (to the chin)
19. Right step-fullstep spin backfist with left hand (left leg forward)
20. Right forearm
21. Right hammerfist low (kidneys)
22. Right backfist
23. Left Elbow
24. Right spinning backfist (moving back)
25. Left cross punch to solar plexus