

Four Corner Blocking

Left Self Defense Stance

1. Left open hand low block
2. Right open hand low block
3. Left inward parry
4. Right inward parry
5. Left check to the head (looks like an upward elbow strike)
6. Right check to the head
7. Left leg check
8. Right leg check

Note: The side that is forward is the side that will do the block first. For example: Right side forward, then Right Block then Left Block then Right Block then Left Block and so on.

Yellow Belt Set

Ready Position

1. Step forward left forward stance-left upper block-right straight punch-left straight punch
2. Right front kick-land forward in right sparring stance
3. Left round kick-land forward in left forward stance
4. Left low block-right punch-left punch
5. Step back Ready Position