BASIC KICKING AND BLOCKING

Basic Blocking #1
(Ready Stance)

Down Block
Middle Block
Upper Block
Middle Punch
Upper Punch

Basic Kicking #1
(Fighting Stance)

Front Kick
Side Kick
Front Kick
Roundhouse Kick

Basic Blocking #2
(Ready Stance)

Knife Hand Strike
Open Hand Middle Block
Open Hand Down Block
Spear Hand Strike

Basic Kicking #2
(Fighting Stance)

Roundhouse Kick
Turning Back Side Kick
Roundhouse Kick

Basic Blocking #3
(Ready Stance)

Double Fist Middle Block
Double Fist Middle & Upper Block
Double Fist Down Block
Double Side Thrust Punch
U Punch

Basic Kicking #3
(Fighting Stance)

Front Kick
Side Kick
Turning Back Side Kick
Roundhouse Kick