

KICK BLOCKS 1 – 10

Attacks –

1. *Left foot forward Front Kick to body*
2. *Left foot forwardTurning kick to body*
3. *Left foot forward Front kick to body*
4. *Left foot forward Side kick to body*
5. *Right foot forward Front kick to body; front kick to body*
6. *Left foot forward Front kick to body; Side kick to body*
7. *Left foot forward Side kick; Unicorn step side kick to body*
8. *Left foot forward Front kick to body; Turning kick to body*
9. *Left foot forward Side kick to body; Slide forward Hook kick to head*
10. *Right foot forward Turning kick; Spinning kick*

Defence –

1. Ready position

- * Right foot swings backwards to a horse riding stance position
- * Sweep push away with left hand (fingers pointing down)
- * Right foot Turning kick to body and land back

2. Ready position

- Step back with right foot
- Lower block the kick with left hand
- Front kick to body and land back

3. Ready position

- Right foot slide sideways
- Bring left foot to right foot (hanging/ cat stance)
- Cover side with arms
- Left Side kick to body and land back

4. Ready position

- Right foot swings round to a horse riding stance
- At the same time; right hand strikes the kick with an extended knuckle hammer
- Right Turning kick to their head and land back

5. Ready position

- * Step left foot back and double palm block kick (right hand in front of left)
- * Right foot sweeps round and push away kick with left hand (fingers down)
- * Shuffle forward and with extended right knuckle; strike the nose or temple

6. Ready position

- * Step right foot back and double palm block kick (left hand in front of right)
- * Sweep left foot round and push away kick with right hand (fingers down)
- * Continue rotating round to face their back and double strike at the same time with your left forearm between the shoulder blades and uppercut to middle lower back

7. Ready position

- * Step left foot back and double palm block kick (right hand in front of left)
- * Sweep right foot round and Bau Sau block with left arm
- * Make a fist with left hand and place right hand onto the fist and push left elbow strike into side or back

8. Ready position

- * Step right foot back and double palm block (left hand in front of right)
- * Shuffle forward as at the same time right arm does an outside lower block and left hand does an uppercut towards their chin

9. Ready position

- * Step left foot back and double palm block (right hand in front of left)
- * Sweep right foot round as doing a double arm block with right arm up, left arm down, palms facing out and elbows together to block kick
- * Shuffle forward as placing right fist into left palm and round elbow strike body
- * Place right hand onto their right shoulder and heel sweep as pulling them backwards and as they are on the floor turning kick to head

10. Ready position

- * Step right foot back while blocking your head with left arm
- * Right foot step forward and in front of left foot as doing a rolling backfist to opponents back
- * Twist body and do a side sword strike with left hand to centre back
- * Place a hand on each shoulder and pull back into a left upper knee strike to back and push away as landing your foot back