

SENSIE SAYS

FRONT STANCE

BACK STANCE

CHUMBI STANCE

FIGHTING STANCE

CAT STANCE

TIGER STANCE

FOX STANCE

CRAB STANCE

PRAYING MANTIS STANCE

EAGLE STANCE

CRANE STANCE

KIMAS STANCE

HALF KIMAS STANCE

FRONT KICK

ROIUND KICK

SIDE KICK

JUMP ROUND KICK

JAB PUNCH

REVERSE PUNCH