

# Basics for beginners

## Stance

- natural stance
- front stance
- back stance
- horse stance



**natural stance**



Side View



Front View  
**front stance**



Side View



Front View  
**back stance**



Side View



Front View  
**horse stance**

## Punch



Side View



Front View  
0: Left hand punch



Side View



Front View  
1: Right hand punch

## Blocking Techniques

rising block  
forearm block  
down block  
knife hand block

### Rising Block:



0: Left hand rising block



1: Left hand down to the middle



2: Right hand rising to the middle



3: Right hand rising block

### Forearm Block:



0: Left hand forearm block



1: Left hand forward, right hand up by ear



2: Right hand forearm block

### Down Block:



0: Left hand down block



1: Right hand up



2: Right hand down block

Knife Hand Block:



Side View



Side View



Side View



Front View



Front View



Front View

0: Left hand knife hand block

1: Left hand forward, right hand back

2: Right hand knife hand block

Front Kick:



Side View



Side View



Side View



Side View



Side View



Front View



Front View



Front View



Front View



Front View

0: Feet together, bend knees

1: Raise right knee

2: Right foot kick straight

3: Right foot snap back

4: Put down right foot

### Stepping Punch with Front Stance:



0: Left foot forward



1a: Right foot stepping forward 1/2



1b: Right foot forward and punch



2a: Left foot stepping forward 1/2



2b: Left foot forward and punch

### Rising Block with Front Stance:



0: Left foot forward



1a: Right foot stepping forward 1/2



1b: Right foot forward and block



2a: Left foot stepping forward 1/2



2b: Left foot forward and block

### Forearm Block with Front Stance:



0: Left foot forward



1a: Right foot stepping forward 1/2



1b: Right foot forward and block



2a: Left foot stepping forward 1/2



2b: Left foot forward and block

Down Block with Front Stance:



0: Left foot forward



1a: Right foot stepping forward 1/2



1b: Right foot forward and block



2a: Left foot stepping forward 1/2



2b: Left foot forward and block

Front Kick with Front Stance:



0: Left foot forward



1a: Right knee up and kick



1b: Right foot snap back and step forward



2a: Left knee up and kick



2b: Left foot snap back and step forward

Reverse Punch with Front Stance:



Side View



Side View



Side View



Side View



Front View

0: Left foot forward, left hand out (knife hand) and right hand back



Front View

1: Right hand punch (opposite side of the stance)



Front View

2a: Pull back right hand and left hand out (knife hand)



Front View

2b: Pull back right hand and left hand out (knife hand)

### Knife Hand Block with Back Stance:



0: Left foot forward



1a: Right foot stepping forward 1/2



1b: Right foot forward and block



2a: Left foot stepping forward 1/2



2b: Left foot forward and block

### Side-Thrust Kick with Horse Stance:



0: Horse stance



1: Move left foot across in front of right foot



2: Right knee up



3: Right leg kick



4: Snap back right foot and step forward to horse stance

## Three-Step Sparring:

### Offense

1: Stepping Punch to face (three times).



0a: Ready position



0b: Right foot back down block



3a: Right foot forward punch to face



3b: After block, reverse punch

2: Stepping Punch to face (three times).



0a: Ready position



0b: Right foot back down block



3a: Right foot forward punch to face



3b: After block, step back front foot



0: Natural stance

### Defense

1: Stepping backward Rising Block (the first two) with Reverse Punch to stomach (3<sup>rd</sup>).



1: Right foot forward punch to face



2: Left foot forward punch to face



0: Natural stance

2: Stepping backward Rising Block (the first two) with back foot Front Kick and Punch to face (3<sup>rd</sup>)



1: Right foot forward punch to face



2: Left foot forward punch to face



3c: Right foot front kick



3d: Right hand punch to face

3: Stepping Punch to stomach (three times).



0a: Ready position



0b: Right foot back down block



3a: Right foot forward punch to stomach



3b: After block, reverse punch

3: Stepping backward Down Block (the first two) with Reverse Punch to stomach (3<sup>rd</sup>).



1: Right foot forward punch to stomach



2: Left foot forward punch to stomach



0: Natural stance