Basics for beginners

Stance natural stance front stance back stance horse stance









Side View





natural stance

Front View front stance

back stance

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



Front View
0: Left hand knife hand block



Side View



Front View
1: Left hand forward, right hand back



Side View



Front View
2: Right hand knife hand block

Front Kick:



Side View



Front View
0: Feet together, bend knees



Side View



Front View

1: Raise right knee



Side View



Front View

2: Right foot kick straight



Side View



Front View

3: Right foot snap back



Side View



Front View

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





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)



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

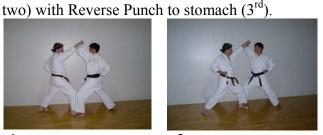


1: Stepping backward Rising Block (the first

2: Stepping backward Rising Block (the first two) with back foot Front Kick and Punch to

Defense

1: Right foot forward punch to face



2: Left foot forward punch to face



3a: Right foot forward punch to face



3b: After block, reverse punch



0: Natural stance

2: Stepping Punch to face (three times).



0a: Ready position



0b: Right foot back down block



1: Right foot forward punch to face



2: Left foot forward punch to face



3a: Right foot forward punch to face



3b: After block, step back front



3c: Right foot front kick



3d: Right hand punch to face



0: Natural stance

3: Stepping Punch to stomach (three times).



0a: Ready position

3a: Right foot forward punch to stomach



0b: Right foot back down block



3b: After block, reverse punch

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



1: Right foot forward punch to stomach



2: Left foot forward punch to stomach



0: Natural stance