

1. DELAYED SWORD (right hand lapel grab or right punch)

1. With your feet together step back with your left foot into a right neutral bow stance while simultaneously executing a right inward block to the right inner wrist of your opponent. Immediately position your right hand at solar plexus level as a precautionary check against further action.
2. Without delay, deliver (from your right neutral bow stance) a right front snap ball kick to your opponent's groin.
3. As you plant your right foot forward toward 11 o'clock deliver a right outward handsword strike to the right side of your opponent's neck. Immediately slide your right hand (after the strike) to the right wrist of your opponent as a precautionary check.
4. No cover out is required.

NOTES:

2. AGGRESSIVE TWINS (Two hand push step through push)

1. With feet together, as your opponent pushes you, step back with your left foot into a right neutral bow stance while simultaneously executing a right vertical inward block to the outside of your opponents left arm above the elbow.
2. Immediately execute a right sidekick to your opponent's left leg.
3. As you opponent's center line opens, and bending over, without delay execute a left step thru ball kick to the opponent's stomach standing the opponent up.
4. OPTION: Planting your foot forward, spin clockwise and execute a right back kick to your opponents groin area.
5. NO cover out is required.

NOTES:

3. SWORD OF DESTRUCTION (left straight or round house punch)

1. With your feet together step back with your left foot into a right neutral bow stance as you simultaneously execute a right extended outward strike to the left inner wrist of your opponent's left punch. Your left hand should be covering your solar plexus at this point.
2. From your right neutral bow stance immediately deliver a right front snap ball kick to your opponent's groin.
3. As you plant your right foot (employing marriage of gravity) toward 11 o'clock, execute a right inward handsword strike to the left side of your opponent's neck.
4. Immediately snap your right hand back to the left inner wrist of your opponent to act as a check. Make sure your right hand is open, the palm is down, with the fingers pointing away from you while keeping your right elbow anchored in order to protect your right rib cage.
5. NO cover out is required.

NOTES:

4. DEFLECTING HAMMER (right front thrust kick)

1. With your feet together step back with your left foot into a right neutral bow stance while simultaneously executing a right deflecting downward block, against the outside of your opponent's right kicking leg. This is done on a line from 11 o'clock to 5 o'clock.
2. Without hesitation and while still in your right neutral bow, execute a left inward pinning check to outside of your opponent's right arm (at or above the elbow).
3. Immediately shuffle forward (push drag) as you execute a right inward horizontal elbow strike to your opponent's right rib cage. If the rib cage is blocked, go to the face. Circumstance should alter your choice of target.
4. NO cover out is required.

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