

Initial Moves

Notes:

All attacks start from a fighting stance.

Each initial move should be learned from both right and left sides.

Number 1

1. Skip front snap kick, low section.
2. Consecutive turning kick, high section.
3. Walking stance reverse punch, middle section.

Number 2

1. Rear leg front snap kick, low section.
2. Consecutive side turning kick, high section.
3. Walking stance reverse strike with the reverse knife-hand, high section.

Number 3

1. Skip side piercing kick, low section.
2. Consecutive side piercing kick, high section.
3. Walking stance reverse upset punch, middle section.

Number 4

1. Skip side kick, low section.
2. Combination back hook kick, high section.
3. Sitting stance on a 45°, lead hand vertical punch, high section.

Number 5

1. Rear leg front snap kick, low section.
2. Walking stance reverse punch, middle section.
3. L-stance reverse punch, middle section (moving rear foot).

Number 6

1. Rear leg hook kick, high section.
2. Combination back reverse sweeping kick with the back heel.
3. Sitting stance downward punch, rear hand.
4. Maintaining sitting stance, downward punch, lead hand.