

1

L-stance  
jab  
to the  
philtrum



2

Walking stance  
reverse punch  
to the  
solar plexus



3

L-stance  
backfist strike  
to the  
temple



4

Walking stance  
reverse upset  
punch  
to the  
floating ribs



1

L-stance  
knife-hand strike  
to the  
carotid artery



2

Walking stance  
reverse knife-hand  
strike  
to the  
temple



3

L-stance  
eye slash



4

Walking stance  
flat fingertip thrust  
to the  
trachea



Series Hand Technique #2

1

L-stance  
jab  
to the  
quadricep



2

Walking stance  
downward  
knife-hand strike  
to the  
clavicle



3

Walking stance  
twin vertical punch  
to the  
jaws



4

Walking stance  
twin upset punch  
to the  
floating ribs



Series Hand Technique #3

1

L-stance  
open-fist strike  
to the  
philtrum



2

Walking stance  
vertical punch  
to the  
sternum



3

L-stance  
downward  
hammer-fist strike  
to the  
bridge of the nose



4

Walking stance  
rising elbow  
to the  
point of the chin



Series Hand Technique #4



1

Walking stance  
straight fingertip  
thrust  
to the  
solar plexus



2

L-stance  
upset fingertip  
thrust  
to the  
pelvis



3

Reverse L-stance  
side elbow thrust  
to the  
solar plexus



4

Walking stance  
arc-hand strike  
to the  
trachea



1

L-stance  
double fingertip  
thrust  
to the  
eyes



2

Walking stance  
upward punch  
to the  
point of the chin



3

L-stance  
crescent punch  
to the  
jaw



4

Walking stance  
crossing elbow  
strike  
to the  
philtrum



1

L-stance  
jab  
to the  
philtrum



2

Walking stance  
reverse punch  
to the  
solar plexus



3

L-stance  
crescent punch  
to the  
jaw



4

Walking stance  
uppercut  
to the  
point of the chin

