

**One Step Hand Sequences:
(All Descriptions Assume Right Attack)**

#8 Haymaker Attack:

Step Forward With Left Foot Knife Hand Block
To Back Stance Standing Reverse Elbow
Elbow Control, Front Foot Steps Forward
Foot Sweep
Follow Up Punch

Extension

Arm Bar Follow Up

Extension Attacker Steps In With Opposite Foot
Inside Hook Sweep

#7 Stepping Face Punch:

Step Back With Left Foot – Right Knife Hand
Block Grab Wrist
Right Round Kick To Stomach
Reverse Palm Strike To Ribs
Back Foot Steps Through
Baseball Bat Throw
Follow Up Front Kick With Heel

Extension

Sitting Arm Bar Follow Up

#6 Hammerfist Attack:

Step Forward Left Foot High Block Back Stance
Standing Reverse Palm Strike To Chin
Grap Neck Back Leg Knee To Solar Plexus
Front Hand Dropping Elbow

Extension (Attacker Goes For Leg)

Reach Around To Chin

Head Takedown

Follow Up Punch

#5 Uppercut Defense:

Step Back 45 Cat Stance Low Parry Block
Standing Reverse Spearhand
Scoop Kick
Shin Takedown
Follow Up Axe Kick

#4 Turning Bottomfist Defense:

Step In Double Forearm Block Bottomfist
Horse Stance Elbow
Grab Head Knee Smash
Head Lever Takedown
Follow Up Heel Stomp

#3 Grab-Hook Punch Defense:

Knife Hand Block
Inverted Chop
Step In Shoulder Throw
Follow Up Punch

#2 Stepping Haymaker Bottomfist Attack:

Weave Haymaker Stepping To Left
Double Forearm Block Bottomfist
Inverted Round Kick
Stance Shift Arm Break
Arm Bar Goose Neck

#1 Stepping Center Punch Attack

Side Step forward 45 left Parry Block
simultaneous Right Uppercut
Drop to knee hammerfist to groin
Fireman's Throw

Extension (Attacker resists FM Throw)

Dead Tree

One Step Kick Sequences: (All Descriptions Assume Right Attack)

8 Front Kick:

Step with Left Foot Cat Stance Low Parry
Standing Reverse Punch
Stepping Reverse Ridge Hand
Foot Sweep
Follow Up Heel Stomp

#7 Round Kick

Step In To Intercept Leg, General Defense
Foot Sweep
Follow Up Hammer Fist To Groin

Extension

Step Drop Leg Bar Follow Up

#6 Side Kick

Step Back 45 (Closed Stance), Low Parry
Reverse Punch To Jaw
Kick Sweep
Follow Up Reverse Punch

#5 Back Kick

Step Behind Them 45, Scoop Kick To Groin
Palm Strike To Back Of Neck
Kick Back Of Knee
Follow Up Reverse Punch

#4 Turning Heel Kick

Step In To Intercept, General Defense
Downward Elbow To Leg
Twist Leg Takedown
Follow Up Axe Kick

#3 Hook Kick

Step Back 45 (Open Stance), Low Parry
Standing Reverse Web Hand
Slide-Up Uppercut
Inside Hook Sweep
Follow Up Punch to Groin

#2 Outside Crescent Kick Jab-Punch

Step Back (Open Stance), Knife Hand Block,
Low Block
Standing Reverse Inverted Chop To Neck
Step Turning Elbow
Scissor Sweep
Follow Up Axe Kick

1 Inside Crescent Kick Jab-Punch

Step Back 45 (Open Stance), Upward Knife
Hand Block, Low Parry
Reverse Palm Strike To Groin
Step In Dead Tree Drop

Extension

Shoulder Roll (Optional)