



Basic Requirements

Parry/Grab

Windmill Guard

Atk Right Straight Punch

Def: Left leg steps out to side
Left hand parry / right hand grab

Right front leg round house kick to stomach

Returning Viper

Atk: Right Hand Straight Punch

Def: Step left to 10:00 as you do a left parry block/
grab his arm with your right hand.
Do a right roundhouse kick followed by a left back kick.
Cover out to a fighting stance.

Circling Serpent

Atk: Right Hand Punch

Def: Step with your left to 10:00 and do a left parry block/
grab attackers wrist with your right hand
RL turning kick to attackers stomach (still holding hand)
Release hand and right leg axe kick over the hand

Thrusting Salute

Atk: Right front kick

Def: Step back right leg low block

Right front kick landing forward
Right hand palm heel strike to face

Intellectual Departure

Atk: Right Leg Front Kick

Def: Right low section inward block
Right leg side kick to stomach
Step back right leg to guard.

Buckling Branch

Atk: Left Front Kick

Def: Start in passive guard
Step back right leg & low block left hand
Bring hands to guarding stance,
Right front kick to groin, step offline as you land
Left side kick to inside partners right leg
Step back with left leg to guard

Double Blades

Atk: Ridge Hand Strike

Def: Step in with RF as you do a double knife hand block.
Grab with your left hand as you pull them off balance and
execute a right outward knife hand strike to their neck

Wrap Around

Atk RH grab opponents L shoulder

Def Pin with right hand
Swing left arm forward, up and wrap around their arm
Reverse palm strike to face

Lone Kimono

Atk One handed grab (RH) to L lapel

Def Pin opponents' hand with your left hand.
Step back left leg to stretch their arm

RH upward block against their elbow.
RH inward block to knock their hand away
RH outward knifehand strike to their neck

Passing The Horizon

Atk: LH grabs your right wrist behind your back

Def: Turn & grab their wrist with the held hand
Step in and elbow with free arm to chest or face
Step back & pull them in with the wrist that's held whilst
executing a front kick to their midsection

Anvil

Atk Grabbing both wrists

Def When opponent grabs your wrists step back with RL and
curl and fold arms to your chest.
Push them back and do a RL front kick landing forward

Opponents at Sides

Atk: Two persons are about to grab you

Def Step to right & right outward knife hand
Bring right hand behind neck
Step around to left with your right foot and do a
right inward knife hand strike.