

SWIPE LEFT or UP (Depending on phone)



TO SEE THE NEXT PAGE

PINCH AND ZOOM

TO MAKE IT

EASIER TO READ

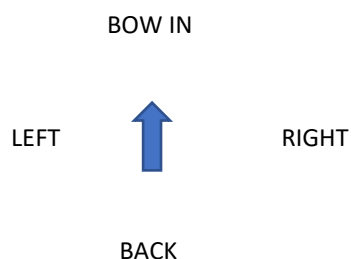


2nd DEGREE BLACK BELT

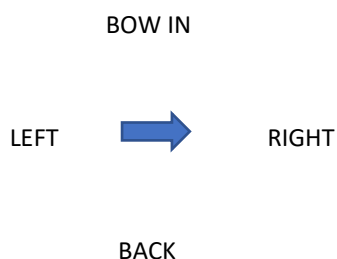
OPEN HAND PATTERN

- ALL DIRECTIONS LISTED ARE FROM THE ORIGINAL STARTING DIRECTION. WE CALL THIS DIRECTION “**BOW IN**”
- REGARDLESS OF WHICH DIRECTION THE STUDENT IS FACING, THE LEFT (L) SIDE WILL **ALWAYS** BE LEFT (L) OF THE ORIGINAL “**BOW IN**” DIRECTION.
 - THIS IS TRUE FOR THE RIGHT (R) SIDE AND BACK TOO.

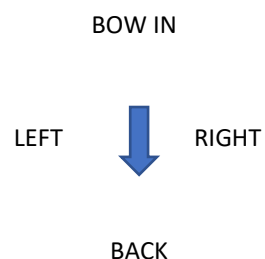
STUDENT FACING “BOW IN”



STUDENT FACING RIGHT SIDE



STUDENT FACING BACK



(R) = RIGHT

(L) = LEFT

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* THIS GUIDE SHOULD BE USED IN CONJUNCTION WITH REGULAR CLASS ATTENDANCE AND THE ONLINE VIDEO SERIES

* IF (L) AND/OR (R) IS NOT PRESENT BEFORE A TUMBLING OR TRICKING SKILL, EXCLUDING CARTWHEELS, THEN IT’S THE STUDENT CHOICE WHICH ONE TO USE

GET READY	TECHNIQUE	STANCE	HEIGHT	NOTES
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READY POSITION

SECTION 1

STEP R FOOT BEHIND L FOOT INTO A CROSS STANCE AND PREPARE FOR A R HORIZONTAL ELBOW STRIKE

STEP L FOOT OUT INTO A MIDDLE STANCE FACING THE FRONT OF THE ROOM

1.	R	HORIZONTAL ELBOW STRIKE	MIDDLE	SHOULDER
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STEP L FOOT BEHIND R FOOT INTO A CROSS STANCE AND PREPARE FOR A L HORIZONTAL ELBOW STRIKE

STEP R FOOT OUT INTO A MIDDLE STANCE FACING THE FRONT OF THE ROOM

2.	L	HORIZONTAL ELBOW STRIKE	MIDDLE	SHOULDER
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STEP THE L FOOT INTO A MIDDLE STANCE FACING THE FRONT R CORNER

GOING TO THE FRONT L CORNER

3.	L	DOWN BLOCK (TO THE FRONT L CORNER)	MIDDLE	SHOULDER
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STEP THE L FOOT TO THE FRONT L CORNER INTO R BACK STANCE

4.		DOUBLE RIDGEHAND BLOCK (TO THE FRONT L CORNER)	R BACK	---
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5.	R	PUNCH (TO THE FRONT L CORNER)	R BACK	MIDDLE
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6.	L	SPEARHAND THRUST (TO THE FRONT L CORNER)	R BACK	HIGH
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7.	L	SLIDE SIDE KICK (TO THE FRONT L CORNER)	R FOOT	MIDDLE
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8.	L	SLIDE HOOK KICK (TO THE FRONT L CORNER)	R FOOT	HIGH
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9.	L	BOUND 360 HOOK KICK (TO THE FRONT L CORNER)	---	HIGH
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LAND OUT OF THE KICK INTO A MIDDLE STANCE TO THE BACK L CORNER

10.	R	DOWN BLOCK (TO THE FRONT R CORNER)	MIDDLE	SHOULDER
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STEP THE R FOOT INTO A MIDDLE STANCE FACING THE FRONT L CORNER

11.	R	DOWN BLOCK (TO THE FRONT L CORNER)	MIDDLE	SHOULDER
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STEP THE R FOOT TO THE FRONT R CORNER INTO A L BACK STANCE

12.		DOUBLE RIDGEHAND BLOCK (TO THE FRONT R CORNER)	L BACK	---
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13.	L	PUNCH (TO THE FRONT R CORNER)	L BACK	MIDDLE
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14.	R	SPEARHAND THRUST (TO THE FRONT R CORNER)	L BACK	HIGH
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SECTION 1 (CONT.)		TECHNIQUE	STANCE	HEIGHT	NOTES
15.	R	SLIDE SIDE KICK (TO THE FRONT R CORNER)	L FOOT	MIDDLE	
16.	R	SLIDE HOOK KICK (TO THE FRONT R CORNER)	L FOOT	HIGH	
17.	R	BOUND 360 HOOK KICK (TO THE FRONT R CORNER)	---	HIGH	
LAND OUT OF THE KICK INTO A MIDDLE STANCE TO THE BACK R CORNER					
18.	L	DOWN BLOCK (TO THE FRONT R CORNER)	MIDDLE	SHOULDER	
STEP THE R FOOT BACK INTO A MIDDLE STANCE TO THE BACK OF THE ROOM					
GOING TO THE BACK OF THE ROOM					
19.	R	OVERHEAD CIR. KNIFEHAND BLOCK	MIDDLE	---	
20.	L	OVERHEAD CIR. KNIFEHAND BLOCK	MIDDLE	---	
21.		TWIN OVERHEAD KNIFEHAND STRIKE	L FRONT	HIGH	
22.		TWIN KNUCKLE STRIKES	R FRONT	HIGH	
23.		TWIN BACK HORIZONTAL ELBOW STRIKES	MIDDLE	SHOULDER	

SECTION 2

GOING TO THE BACK R CORNER

24.	R	FRONT KICK	L FOOT	MIDDLE
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GOING TO THE FRONT L CORNER

25.	R	BACK KICK	L FOOT	MIDDLE
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GOING TO THE BACK R CORNER

26.	L	JUMP FRONT KICK	---	HIGH
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BALANCING ON THE R FOOT WITH L KNEE UP HIGH

TO THE BACK R CORNER

27.		TWIN PALMHEAL	R FOOT	MIDDLE
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TO THE BACK L CORNER

28.	R	HAMMERFIST	R FOOT	HIGH
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SECTION 2 (CONT.)	TECHNIQUE	STANCE	HEIGHT	NOTES
GOING TO THE BACK L CORNER				
29.	L FRONT KICK	R FOOT	MIDDLE	
GOING TO THE FRONT R CORNER				
30.	L BACK KICK	R FOOT	MIDDLE	
GOING TO THE BACK L CORNER				
31.	R JUMP FRONT KICK	---	HIGH	
BALANCING ON THE L FOOT WITH R KNEE UP HIGH				
TO THE BACK L CORNER				
32.	TWIN PALMHEAL	L FOOT	MIDDLE	
TO THE BACK R CORNER				
33.	L HAMMERFIST	L FOOT	HIGH	
DOUBLE STEP TO THE FRONT L CORNER INTO A R BACK STANCE FACING THE BACK R CORNER				
34.	DOUBLE CIR. DOWNWARD BLOCK	R BACK	LOW	
ADJUST L FOOT INTO A L BACK STANCE FACING THE BACK L CORNER				
35.	DOUBLE CIR. DOWNWARD BLOCK	L BACK	LOW	

SECTION 3

SKIP STEP INTO A 360 ROTATION

36.	TWIN DOWNWARD PALMHEAL (WRISTS TOGETHER)	R CROSS	LOW	
STEP BACKWARD WITH THE R FOOT INTO A L CROSS STANCE FACING THE R FRONT CORNER				
37.	R PASSING BLOCK (TO THE R FRONT CORNER)	L CROSS	LOW	
38.	L PASSING BLOCK (TO THE R FRONT CORNER)	L CROSS	LOW	
39.	R PASSING BLOCK (TO THE R FRONT CORNER)	L CROSS	HIGH	
40.	R BACK WRIST STRIKE (TO THE R FRONT CORNER)	L CROSS	HIGH	
41.	L C GRAB (TO THE R FRONT CORNER)	L CROSS	HIGH	
42.	R PUNCH L HAND (TO THE R FRONT CORNER)	L CROSS	HIGH	

SECTION 3 (CONT.)	TECHNIQUE	STANCE	HEIGHT	NOTES
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TO THE BACK R CORNER

43.	R	SNAP SIDE KICK W/ R BACKFIST STRIKE	L FOOT	---
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DOUBLE STEP TO THE FRONT L CORNER WHILE FACING THE BACK R CORNER

44.		COMPOUND TECHNIQUE (TO THE BACK R CORNER)	R FRONT	---
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(R) VERTICAL PUNCH HIGH / (L) KNIFEHAND UP BLOCK IN FRONT OF THE FOREHEAD

45.		COMPOUND TECHNIQUE (TO THE BACK R CORNER)	R FRONT	---
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(L) UPSET KNIFEHAND STRIKE HIGH / (R) KNIFEHAND UP BLOCK IN FRONT OF THE FOREHEAD

SECTION 4

KICK TO THE R SIDE

46.	R	ROUNDHOUSE KICK	L FOOT	HIGH
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TURNING 90 DEGREES TO THE LEFT

KICK TO THE FRONT

47.	R	ROUNDHOUSE KICK	L FOOT	HIGH
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TURNING 90 DEGREES TO THE LEFT

KICK TO THE L SIDE

48.	R	ROUNDHOUSE KICK	L FOOT	HIGH
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TURNING 180 DEGREES TO THE LEFT

KICK TO THE R SIDE

49.	R	AX KICK WITH A SWING THROUGH	L FOOT	HIGH
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50.	R	POP FRONT KICK	---	HIGH
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BLOCK TO THE R SIDE

51.		9 BLOCK (L HAND UP / R HAND DOWN)	R FRONT	MULTI
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KICK AND BLOCK TO THE R SIDE

52.	L	POP TURN SIDEKICK	---	MIDDLE
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53.		9 BLOCK (L HAND UP / R HAND DOWN)	L SPARRING	MULTI
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SECTION 5	TECHNIQUE	STANCE	HEIGHT	NOTES
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GOING TO THE RIGHT SIDE

54.	L	VERTICAL PUNCH	L SPARRING	SHOULDER	SLOW
55.	R	DOWNWARD HAMMERFIST STRIKE	L SPARRING	SHOULDER	SLOW

HAMMERFIST ON TOP OF VERTICAL PUNCH

STEP BACK WITH L FOOT INTO A R LONG CROSS STANCE

56.		DOUBLE OUTER FOREARM BLOCK LOW	R CROSS	LOW	SLOW
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STEP OUT WITH L FOOT INTO A R FRONT STANCE

57.		TWIN OUTER FOREARM BLOCKS	R FRONT	HIGH	FAST
58.		TWIN KNUCKLE STRIKES	R FRONT	HIGH	FAST
59.		TWIN OUTER FOREARM BLOCKS	R FRONT	HIGH	FAST

SECTION 6

SKIP THROUGH AND TURN BACKWARDS R SHOULDER LEAD GOING TO THE FRONT L CORNER

GOING TO FRONT LEFT CORNER

60.	R	C GRAB	R CROSS	HIGH	
61.	L	PUNCH R HAND	R CROSS	HIGH	

GO TO THE L BACK CORNER

62.	L	SNAP SIDE KICK W/ L BACKFIST STRIKE	R FOOT	---	
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DOUBLE STEP TOWARDS THE FRONT R CORNER WHILE FACING THE BACK L CORNER

63.		COMPOUND TECHNIQUE (TO THE BACK L CORNER)	L FRONT	---	
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(L) VERTICAL PUNCH HIGH / (R) KNIFEHAND UP BLOCK IN FRONT OF THE FOREHEAD

64.		COMPOUND TECHNIQUE (TO THE BACK L CORNER)	L FRONT	---	
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(R) UPSET KNIFEHAND STIKE HIGH / (L) KNIFEHAND UP BLOCK IN FRONT OF THE FOREHEAD

SECTION 7	TECHNIQUE	STANCE	HEIGHT	NOTES
KICK TO THE L SIDE				
65.	L ROUNDHOUSE KICK TURNING 90 DEGREES TO THE RIGHT	R FOOT	HIGH	
KICK TO THE FRONT				
66.	L ROUNDHOUSE KICK TURNING 90 DEGREES TO THE RIGHT	R FOOT	HIGH	
KICK TO THE R SIDE				
67.	L ROUNDHOUSE KICK TURNING 180 DEGREES TO THE RIGHT	R FOOT	HIGH	
KICK TO THE L SIDE				
68.	L AX KICK WITH A SWING THROUGH	R FOOT	HIGH	
69.	L POP FRONT KICK	---	HIGH	
BLOCK TO THE L SIDE				
70.	9 BLOCK (R HAND UP / L HAND DOWN)	L FRONT	MULTI	
KICK AND BLOCK TO THE L SIDE				
71.	R POP TURN SIDEKICK	---	MIDDLE	
72.	9 BLOCK (R HAND UP / L HAND DOWN)	R SPARRING	MULTI	

SECTION 8	TECHNIQUE	STANCE	HEIGHT	NOTES
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GOING TO THE LEFT SIDE

73.	R	VERTICAL PUNCH	R SPARRING	SHOULDER	SLOW
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74.	L	DOWNWARD HAMMERFIST STRIKE	R SPARRING	SHOULDER	SLOW
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HAMMERFIST ON TOP OF VERTICAL PUNCH

STEP BACK WITH R FOOT INTO A L LONG CROSS STANCE

75.		DOUBLE OUTER FOREARM BLOCK LOW	L CROSS	LOW	SLOW
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STEP OUT WITH R FOOT INTO A L FRONT STANCE

76.		TWIN OUTER FOREARM BLOCKS	L FRONT	HIGH	FAST
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77.		TWIN KNUCKLE STRIKES	L FRONT	HIGH	FAST
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78.		TWIN OUTER FOREARM BLOCKS	L FRONT	HIGH	FAST
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COME TO RESTING POSITION

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(L) = LEFT

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