

SWIPE LEFT or UP (Depending on phone)



TO SEE THE NEXT PAGE

PINCH AND ZOOM

TO MAKE IT

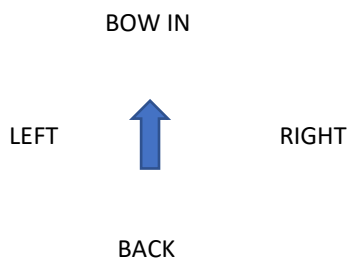
EASIER TO READ



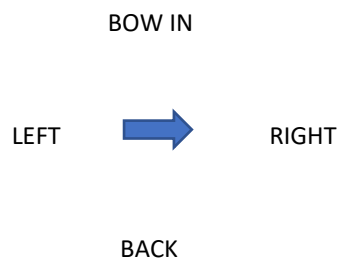
3RD DEGREE BLACK BELT OPEN HAND PATTERN

- 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.

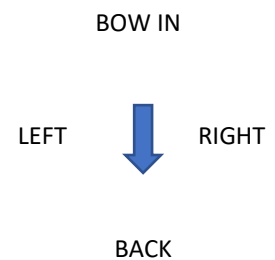
STUDENT FACING “BOW IN”



STUDENT FACING RIGHT SIDE



STUDENT FACING BACK



(R) = RIGHT

(L) = LEFT

* THIS GUIDE IS NOT MEANT TO REPLACE CLASS INSTRUCTION AND MAY NOT EXPLAIN THE SEGMENTS COMPLETELY

* 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 |
|-----------|-----------|--------|--------|-------|
|-----------|-----------|--------|--------|-------|

READY POSITION

SECTION 1

| | | | | |
|----|---|------------------|-------------|----------|
| 1. | L | KNIFEHAND STRIKE | MIDDLE BASE | SHOULDER |
|----|---|------------------|-------------|----------|

SHIFT FEET TO L SIDE

| | | | | |
|----|---|-------|---------|----------|
| 2. | R | PUNCH | L FRONT | SHOULDER |
|----|---|-------|---------|----------|

| | | | | |
|----|---|------------------|---------|----------|
| 3. | R | KNIFEHAND STRIKE | L FRONT | SHOULDER |
|----|---|------------------|---------|----------|

SHIFT FEET TO FRONT

| | | | | |
|----|---|-------|---------|----------|
| 4. | L | PUNCH | R FRONT | SHOULDER |
|----|---|-------|---------|----------|

| | | | | |
|----|---|-----------------|--------|--------|
| 5. | L | SNAP FRONT KICK | R FOOT | MIDDLE |
|----|---|-----------------|--------|--------|

| | | | | |
|----|---|-----------|--------|--------|
| 6. | L | SIDE KICK | R FOOT | MIDDLE |
|----|---|-----------|--------|--------|

| | | | | |
|----|--|--------------------------|--------|------|
| 7. | | TWIN OUTER FOREARM BLOCK | R FOOT | HIGH |
|----|--|--------------------------|--------|------|

| | | | | |
|----|--|-----------------|--------|-----|
| 8. | | TWIN DOWN BLOCK | R FOOT | LOW |
|----|--|-----------------|--------|-----|

JUMP SWITCH FEET

| | | | | |
|----|---|-----------------|--------|--------|
| 9. | R | SNAP FRONT KICK | L FOOT | MIDDLE |
|----|---|-----------------|--------|--------|

| | | | | |
|-----|---|-----------------|--------|-----|
| 10. | R | ROUNDHOUSE KICK | L FOOT | LOW |
|-----|---|-----------------|--------|-----|

| | | | | |
|-----|---|-----------------|--------|--------|
| 11. | R | ROUNDHOUSE KICK | L FOOT | MIDDLE |
|-----|---|-----------------|--------|--------|

| | | | | |
|-----|---|-----------------|--------|--------|
| 12. | R | ROUNDHOUSE KICK | L FOOT | MIDDLE |
|-----|---|-----------------|--------|--------|

| | | | | |
|-----|--|-----------------|--------|-----|
| 13. | | TWIN DOWN BLOCK | L FOOT | LOW |
|-----|--|-----------------|--------|-----|

| | | | | |
|-----|--|--------------------------|--------|------|
| 14. | | TWIN OUTER FOREARM BLOCK | L FOOT | HIGH |
|-----|--|--------------------------|--------|------|

| | | | | |
|-----|--|--------------------|---------|--------|
| 15. | | TWIN UPSET PUNCHES | R FRONT | MIDDLE |
|-----|--|--------------------|---------|--------|

| | | | | |
|-----|--|--------------|---------|--------|
| 16. | | TWIN PUNCHES | R FRONT | MIDDLE |
|-----|--|--------------|---------|--------|

| SECTION 1 (CONT.) | TECHNIQUE | STANCE | HEIGHT | NOTES |
|-------------------|-----------|--------|--------|-------|
|-------------------|-----------|--------|--------|-------|

SHIFT FEET TO BACK

| | | | | |
|-----|---|------------------------------|---------|------|
| 17. | R | CIRCULAR OUTER FOREARM BLOCK | L FRONT | HIGH |
| 18. | R | CIRCULAR DOWN BLOCK | L FRONT | LOW |

SHIFT FEET TO FRONT

| | | | | |
|-----|---|--------------------------|---------|--------|
| 19. | L | PUNCH | R FRONT | MIDDLE |
| 20. | L | DOWNWARD BACKFIST STRIKE | R FRONT | MIDDLE |

SECTION 2

DOWN ONTO R KNEE FACING THE BACK. R HAND IS ON THE GROUND

| | | | | |
|-----|---|-----------|--------|------|
| 21. | L | SIDE KICK | R KNEE | HIGH |
|-----|---|-----------|--------|------|

STAND FACING THE BACK

| | | | | |
|-----|---|-----------------|--------|------|
| 22. | R | ROUNDHOUSE KICK | L FOOT | HIGH |
| 23. | R | TORNADO KICK | | HIGH |

DOWN ONTO R KNEE FACING THE BACK. R HAND IS ON THE GROUND

| | | | | |
|-----|---|-----------------|--------|--------|
| 24. | L | SWEEP | R KNEE | GROUND |
| 25. | L | ROUNDHOUSE KICK | R KNEE | MIDDLE |
| 26. | L | ROUNDHOUSE KICK | R KNEE | HIGH |

PUT L KNEE DOWN ON THE GROUND/ R KNEE UP FACING THE FRONT

| | | | | |
|-----|--|---------------------------------|--------|------|
| 27. | | TWIN OVERHEAD KNIFEHAND STRIKES | L KNEE | HIGH |
| 28. | | TWIN OUTER KNIFEHAND BLOCKS | L KNEE | HIGH |

STAND FACING THE FRONT

| | | | | |
|-----|--|-----------------------------|---------|--------|
| 29. | | TWIN UPWARD PALMHEEL BLOCKS | R FRONT | MIDDLE |
|-----|--|-----------------------------|---------|--------|

| SECTION 2 (CONT.) | TECHNIQUE | STANCE | HEIGHT | NOTES |
|-------------------|-----------|--------|--------|-------|
|-------------------|-----------|--------|--------|-------|

STEP INTO A LONGER FRONT STANCE

| | | | | |
|-----|-----------------------|---------|--------|--|
| 30. | TWIN PALMHEEL STRIKES | R FRONT | MIDDLE | |
| 31. | L PALMHEEL STRIKE | R FRONT | MIDDLE | |

SECTION 3

STEP (R) FOOT BACKWARDS INTO A MIDDLE STANCE FACING THE FRONT OF THE ROOM

GOING TO THE RIGHT SIDE

| | | | | |
|-----|---------------------------------|--------|------|--|
| 32. | CIRCULAR DOUBLE KNIFEHAND BLOCK | MIDDLE | HIGH | |
|-----|---------------------------------|--------|------|--|

GOING TO THE LEFT SIDE

| | | | | |
|-----|-----------------------|--------|-----|--|
| 33. | DOUBLE DOWNWARD BLOCK | MIDDLE | LOW | |
|-----|-----------------------|--------|-----|--|

GOING TO THE RIGHT SIDE

| | | | | |
|-----|-----------------------|--------|-----|--|
| 34. | DOUBLE DOWNWARD BLOCK | MIDDLE | LOW | |
|-----|-----------------------|--------|-----|--|

GOING TO THE LEFT SIDE

| | | | | |
|-----|---------------------------------|--------|------|--|
| 35. | CIRCULAR DOUBLE KNIFEHAND BLOCK | MIDDLE | HIGH | |
|-----|---------------------------------|--------|------|--|

GOING TO THE RIGHT SIDE

| | | | | |
|-----|-------------------|--|------|--|
| 36. | R BOUND SIDE KICK | | HIGH | |
|-----|-------------------|--|------|--|

LAND IN A (R) SPARRING STANCE

| | | | | |
|-----|---------|----------|--|--|
| 37. | 9 BLOCK | SPARRING | | |
|-----|---------|----------|--|--|

L HAND UP / R HAND DOWN

| SECTION 3 (CONT.) | TECHNIQUE | STANCE | HEIGHT | NOTES |
|-------------------|-----------|--------|--------|-------|
|-------------------|-----------|--------|--------|-------|

STEP R FOOT TO L FOOT AND TURN 180 DEGREES FACING THE BACK OF THE ROOM

GOING TO THE LEFT SIDE

| | | | | |
|-----|---|-----------------|--|------|
| 38. | L | BOUND SIDE KICK | | HIGH |
|-----|---|-----------------|--|------|

LAND IN A (L) SPARRING STANCE

| | | | | |
|-----|--|---------|----------|--|
| 39. | | 9 BLOCK | SPARRING | |
|-----|--|---------|----------|--|

R HAND UP / L HAND DOWN

DOUBLE STEP TO THE RIGHT SIDE

| | | | | |
|-----|---|---------|----------|------|
| 40. | L | C-BLOCK | SPARRING | HIGH |
|-----|---|---------|----------|------|

| | | | | |
|-----|---|---------------------|----------|------|
| 41. | R | UPWARD ELBOW STRIKE | SPARRING | HIGH |
|-----|---|---------------------|----------|------|

TURN AND LOOK OVER RIGHT SHOULDER. LOOKING AT THE FRONT OF THE ROOM

GOING TO FRONT

| | | | | |
|-----|---|-----------|--------|--------|
| 42. | R | BACK KICK | R FOOT | MIDDLE |
|-----|---|-----------|--------|--------|

| | | | | |
|-----|---|---------|----------|------|
| 43. | R | C-BLOCK | SPARRING | HIGH |
|-----|---|---------|----------|------|

| | | | | |
|-----|---|---------------------|----------|------|
| 44. | L | UPWARD ELBOW STRIKE | SPARRING | HIGH |
|-----|---|---------------------|----------|------|

| SECTION 4 | TECHNIQUE | STANCE | HEIGHT | NOTES |
|-----------|-----------|--------|--------|-------|
|-----------|-----------|--------|--------|-------|

STEP (L) TO THE LEFT SIDE INTO A (R) BACK STANCE FACING THE LEFT SIDE OF THE ROOM

GOING TO THE LEFT SIDE

| | | | | |
|-----|--|---------------------------------|---------------|------|
| 45. | | CIRCULAR DOUBLE KNIFEHAND BLOCK | R BACK STANCE | HIGH |
|-----|--|---------------------------------|---------------|------|

| | | | | |
|-----|--|---------------------------------|-------|-----|
| 46. | | DOWNWARD DOUBLE KNIFEHAND BLOCK | R CAT | LOW |
|-----|--|---------------------------------|-------|-----|

| | | | | |
|-----|---|-------------------------|-------|-----------------|
| 47. | L | DOWNWARD PALMHEAL BLOCK | R CAT | LOW <i>SLOW</i> |
|-----|---|-------------------------|-------|-----------------|

| | | | | |
|-----|---|------------|--------|------|
| 48. | L | FRONT KICK | R FOOT | HIGH |
|-----|---|------------|--------|------|

| | | | | |
|-----|---|-----------------|--------|--------|
| 49. | L | ROUNDHOUSE KICK | R FOOT | MIDDLE |
|-----|---|-----------------|--------|--------|

| | | | | |
|-----|---|-----------|--------|--------|
| 50. | L | SIDE KICK | R FOOT | MIDDLE |
|-----|---|-----------|--------|--------|

| SECTION 4 (CONT.) | | TECHNIQUE | STANCE | HEIGHT | NOTES |
|--|---|---------------------------------|---------------|--------|-------------|
| 51. | R | 360 HEEL KICK | L FOOT | HIGH | |
| LAND IN A MIDDLE STANCE FACING THE FRONT OF THE ROOM | | | | | |
| 52. | L | CIRCULAR BACK FIST STRIKE | MIDDLE | MIDDLE | |
| 53. | L | CIRCULAR HAMMER FIST STRIKE | MIDDLE | HIGH | |
| GOING TO THE RIGHT SIDE | | | | | |
| 54. | | CIRCULAR DOUBLE KNIFEHAND BLOCK | L BACK STANCE | HIGH | |
| 55. | | DOWNWARD DOUBLE KNIFEHAND BLOCK | L CAT | LOW | |
| 56. | R | DOWNWARD PALMHEAL BLOCK | L CAT | LOW | <i>SLOW</i> |
| 57. | R | FRONT KICK | L FOOT | HIGH | |
| 58. | R | ROUNDHOUSE KICK | L FOOT | MIDDLE | |
| 59. | R | SIDE KICK | L FOOT | MIDDLE | |
| 60. | L | 360 HEEL KICK | R FOOT | HIGH | |
| LAND IN A MIDDLE STANCE FACING THE FRONT OF THE ROOM | | | | | |
| 61. | R | CIRCULAR BACK FIST STRIKE | MIDDLE | MIDDLE | |
| 62. | R | CIRCULAR HAMMER FIST STRIKE | MIDDLE | HIGH | |

| SECTION 5 | | TECHNIQUE | STANCE | HEIGHT | NOTES |
|--|---|-----------------|--------|--------|-------|
| DOWN ONTO L KNEE FACING THE FRONT. L HAND IS ON THE GROUND | | | | | |
| 63. | R | SIDE KICK | L KNEE | HIGH | |
| STAND FACING THE FRONT OF THE ROOM | | | | | |
| 64. | L | ROUNDHOUSE KICK | R FOOT | HIGH | |
| 65. | L | TORNADO KICK | | HIGH | |

DOWN ONTO L KNEE FACING THE FRONT. L HAND IS ON THE GROUND

| SECTION 5 (CONT.) | | TECHNIQUE | STANCE | HEIGHT | NOTES |
|-------------------|--|-----------|--------|--------|-------|
|-------------------|--|-----------|--------|--------|-------|

| | | | | | |
|-----|---|-----------------|--------|--------|--|
| 66. | R | SWEEP | L KNEE | GROUND | |
| 67. | R | ROUNDHOUSE KICK | L KNEE | MIDDLE | |
| 68. | R | ROUNDHOUSE KICK | L KNEE | HIGH | |

PUT R KNEE DOWN ON THE GROUND/ L KNEE UP FACING THE BACK OF THE ROOM

| | | | | | |
|-----|--|---------------------------------|--------|------|--|
| 69. | | TWIN OVERHEAD KNIFEHAND STRIKES | R KNEE | HIGH | |
| 70. | | TWIN OUTER KNIFEHAND BLOCKS | R KNEE | HIGH | |

STAND FACING THE BACK OF THE ROOM

| | | | | | |
|-----|--|-----------------------------|---------|--------|--|
| 71. | | TWIN UPWARD PALMHEEL BLOCKS | L FRONT | MIDDLE | |
|-----|--|-----------------------------|---------|--------|--|

STEP INTO A LONGER FRONT STANCE

| | | | | | |
|-----|---|-----------------------|---------|--------|--|
| 72. | | TWIN PALMHEEL STRIKES | L FRONT | MIDDLE | |
| 73. | R | PALMHEEL STRIKE | L FRONT | MIDDLE | |

SECTION 6

TURN R SHOULDER LEAD TO FACE THE FRONT OF THE ROOM. L BACK STANCE

STEP BACK WITH L FOOT INTO A R FRONT STANCE TO THE FRONT OF THE ROOM

| | | | | | |
|-----|---|-----------------|--------|----------|--|
| 74. | R | C-BLOCK | L BACK | SHOULDER | |
| 75. | L | ROUNDHOUSE KICK | R FOOT | MIDDLE | |

TO THE FRONT OF THE BOW IN

| | | | | | |
|-----|---|-----------------|--------|--------|--|
| 76. | L | ROUNDHOUSE KICK | R FOOT | MIDDLE | |
|-----|---|-----------------|--------|--------|--|

TO THE R SIDE

| | | | | | |
|-----|---|-----------------|--------|--------|--|
| 77. | L | ROUNDHOUSE KICK | R FOOT | MIDDLE | |
|-----|---|-----------------|--------|--------|--|

TO THE BACK OF THE BOW IN

STEP DOWN INTO A L BACK STANCE FACING THE FRONT OF THE ROOM

| | | | | | |
|-----|--|---------------------------------|--------|------|--|
| 78. | | DOUBLE DOWNWARD KNIFEHAND BLOCK | L BACK | LOW | |
| 79. | | DOUBLE RIDGEHAND BLOCK | L CAT | HIGH | |

STEP BACKWARDS WITH THE R FOOT INTO A R BACK STANCE

| SECTION 6 (CONT.) | | TECHNIQUE | STANCE | HEIGHT | NOTES |
|---|---|---------------------------------|--------|----------|-------|
| 80. | L | C-BLOCK | R BACK | SHOULDER | |
| 81. | R | ROUNDHOUSE KICK | L FOOT | MIDDLE | |
| TO THE FRONT OF THE BOW IN | | | | | |
| 82. | R | ROUNDHOUSE KICK | L FOOT | MIDDLE | |
| TO THE L SIDE | | | | | |
| 83. | R | ROUNDHOUSE KICK | L FOOT | MIDDLE | |
| TO THE BACK OF THE BOW IN | | | | | |
| STEP DOWN INTO A L BACK STANCE FACING THE FRONT OF THE ROOM | | | | | |
| 84. | | DOUBLE DOWNWARD KNIFEHAND BLOCK | R BACK | LOW | |
| 85. | | DOUBLE RIDGEHAND BLOCK | R CAT | HIGH | |

END IN READY POSITION