

2025 Open Hand Basics

INTERMEDIATE LEVEL COLOR BELT BASICS (24 NEW BASICS)

Stances	Blocks	Strikes	Kicks
<p>All Lower Rank Positions and Stances</p> <p>Sparring Stance</p>	<p>All Lower Rank Blocks</p> <p>Knifehand High Block Knifehand Low Block</p> <p>Twin Knifehand High Block Twin Knifehand Low Block</p> <p>Twin Inner Forearm Blocks Twin Outer Forearm Blocks</p> <p>Knifehand Outer Forearm Block</p> <p>Twin Knifehand Outer Forearm Block</p> <p>Palm Heel X-Block</p>	<p>All Lower Rank Strikes</p> <p>Back Fist Strike</p> <p>Downward Hammer Fist Strike</p> <p>Twin Backward Hammer Fist Strike</p> <p>Twin Palm Heel Strike</p> <p>Forward Horizontal Elbow Strike</p> <p>Forward Elbow Strike Low</p>	<p>All Lower Rank Kicks</p> <p>Skip Front Kick Jump Front Kick</p> <p>Skip Round Kick Jump Round Kick</p> <p>Reverse Side Kick Step Reverse Side Kick</p> <p>Hook Kick</p> <p>Knee Strike</p>