

Basic Blocking and Kicking

Basic blocking techniques start from the *ready stance*.

Basic Blocking #1

- Down Block
- Middle Block
- Upper Block
- Middle Punch
- Upper Punch

Basic Blocking #2

- Knife Hand Strike
- Open Hand Middle Block
- Open Hand Down Block
- Spear Hand Strike

Basic Blocking #3

- Double Fist Middle Block
- Double Fist Middle & Upper Block
- Double Fist Down Block
- Double Side Thrust Punch
- U Punch

Basic kicking techniques start from the *fighting stance*.

Basic Kicking #1

- Front Kick
- Side Kick
- Front Kick
- Roundhouse Kick

Basic Kicking #2

- Roundhouse Kick
- Turning Back Side Kick
- Roundhouse Kick

Basic Kicking #3

- Side Kick
- Turning Back Side Kick
- Roundhouse Kick