

### **Breathing Easy (Y/S)**

*Attack:* Left hand throat grab

*Defense:*

- 1) Bring right arm around in a circle (fist toward body, counterclockwise circle up and above and then down past center of face) bringing elbow over and down to break hold
- 2) Right snapping palm heel strike to face
- 3) Left knee to opponent's groin, grab opponent's head with right hand
- 4) Set down left leg, pivot into left fighting stance, simultaneously execute a left front elbow to head, Kiai
- 5) Left fighting stance

### **Blind Freedom (Y/S)**

*Attack:* Rear bear hug pinning arms (arms from elbow up are trapped)

*Defense:*

- 1) Bring right hand up to pin opponent's hands
- 2) Step forward with right foot to right forward stance, shift into a horse stance to throw opponent off balance
- 3) Look under opponent's left shoulder, snapping left rear hammerfist to groin
- 4) Cross hands in front and then throw arms outward to break hold, extend arms pointing forward with hands open and palms down
- 5) Look over left shoulder, turn left hand over, left rear elbow strike to sternum
- 6) Pivot to the left, right thrusting palm heel strike to face, Kiai
- 7) Step out with right foot to left fighting stance

### **Slap Stick (Y/S)**

*Attack:* Right hand slap to face

*Defense:*

- 1) Bring left arm up in a shunt block, feet remain together and turning body slightly to the right
- 2) Step forward into an angled kima stance with right foot, right palm heel strike to rib cage
- 3) Shift to right fighting stance, left inside hammer fist strike to jaw
- 4) Shift to angled kima stance, right thrusting palm heel to face, Kiai
- 5) Shift to right fighting stance

### **Skyward Hammer (Y/S)**

*Attack:* Step-through right overhead club

*Defense:*

- 1) Step back with left foot into right fighting stance, right upward block
- 2) Shift to right forward stance, left palm heel to ribs (palm turned sideways)
- 3) Shift to right fighting stance, right inside hammerfist
- 4) Shift to right forward stance, right outside hammerfist, Kiai
- 5) Shift to right fighting stance

### **Falling Star (Yellow)**

*Attack:* Left horizontal punch, right horizontal punch in rapid succession

*Defense:*

- 1) Step back with left foot into right fighting stance, right outward block
- 2) Right inward block
- 3) Rotate fist in a circle towards body to execute a right back fist to nose
- 4) Rotate body to face back but look over right shoulder at opponent, right rear snapping hammerfist to groin
- 5) Rotate to right forward stance facing forward, left thrusting palm heel to face, Kiai
- 6) Shift to right fighting stance

## **Wounded Knee (Yellow)**

*Attack:* Step-through left punch, step-through right punch in rapid succession

*Defense:*

- 1) Step back with right foot to left forward stance, right outward block
- 2) Bring left foot back to a left cat stance, execute right inward block while covering midsection with left arm
- 3) Left front thrust kick to right knee
- 4) Set left foot down, right front thrust kick to head
- 5) Right forward stance, right palm heel to rib cage, Kiai
- 6) Shift to right fighting stance

## **Cut Throat (Yellow)**

*Attack:* Left punch, left kick to waist, right punch in rapid succession

*Defense:*

- 1) Right outside chop block
- 2) Step back with right foot into an angled horse stance (facing F/R), simultaneously execute a right downward deflecting block
- 3) Rotate to left forward stance, left outside chop block, right hand at side in fist
- 4) Right sliding punch, left hand above right elbow with palm up
- 5) Quick shuffle toward opponent (optional), left outside chop strike to throat, Kiai
- 6) Shift to left fighting stance

## **Broken Wing (Yellow)**

*Attack:* Left hand lapel grab

*Defense:*

- 1) Grab opponents hand using right hand by coming up the far side of opponent's grasp and rolling hand over and grabbing the palm side of their wrist with right hand (called a half pray). Step back with right foot into an angled kima stance (facing F/R), pull opponent's hand down and away from lapel and close to right hip
- 2) Using inside cushion of left arm, break opponent's left arm at elbow joint with a left hand upward thrust (while pulling down with right hand)
- 3) Slid left foot to right, lifting broken arm high with right hand (facing R)
- 4) Slide into kima stance with left foot (facing R), simultaneously executing a left elbow strike to ribs
- 5) Drop opponent's left arm with right hand, shift to left forward stance, right thrusting palm heel strike to face, Kiai
- 6) Shift to left fighting stance

## **Head Start (Gold)**

*Attack:* Left punch, right punch in rapid succession

*Defense:*

- 1) Right outside chop block
- 2) Right inside chop block, step forward with left foot into left forward stance
- 3) Hook arm with right hand, spin arm, and opponent, around (arm goes in an arc downward) while rotating into a right forward stance
- 4) Grab back of head with both hands, pull it down for right knee strike to back of head
- 5) Release head, bring right foot back to right fighting stance, right side kick to kidneys, Kiai
- 6) Set down in a right fighting stance

## **Spinning Ram (Gold)**

*Attack:* Left punch, step-through right punch

*Defense:*

- 1) Right outside chop block
- 2) Step back with left foot into a right fighting stance, simultaneously execute a right inside chop

block. Hook opponent's arm with right hand, and rotate it counterclockwise to about 1:00.

3) Leave right hand up to keep opponent's right arm out of the way. Right foot comes to left as part of the fold for a right spin kick to sternum, using ball of the foot

4) Shift to a right forward stance, left snapping palm heel strike to ribs, right fist to waist

5) Shift to a right fighting stance, right thrusting palm heel strike to face, left fist to waist, Kiai

6) Right fighting stance

### **Center Cut (Gold)**

*Attack:* Left punch, right punch in rapid succession

*Defense:*

1) Left inside chop block

2) Left side step outside chopping block (step to a right forward stance and simultaneously execute left outside chop block), simultaneously execute a right sliding punch to ribs

3) Grab opponent's head with left hand, shift to a right fighting stance, simultaneously execute a right front elbow strike to head

4) Pivot body to face back (look over right shoulder at opponent), right snapping hammerfist strike to groin

5) Right rising elbow strike to jaw

6) Pivot body to face forward in right forward stance, left web hand strike to throat, Kiai

7) Shift to right fighting stance

### **Hand Jive (Gold)**

*Attack:* Two handed shirt or lapel grab, or two handed push to chest

*Defense:*

1) Bring right hand over opponent's left arm, under opponent's right arm, and grab opponent's right arm, simultaneously step back with right foot into a left fighting stance

· Pivot to a right fighting stance and pull opponent's right arm to shoulder region and execute a left inward block to opponent's right elbow (breaking arm)

2) Still holding opponent's arm with right hand, execute (with a big fold) a left outside chop strike to throat

3) Let go of opponent's arm and rotate to a left forward stance, simultaneously execute a right inside chop strike to neck while covering (or "blocking the sun") with the left hand

4) Right thrusting front kick to head, Kiai

5) Set down in a right fighting stance

### **Heart Beat (Orange)**

*Attack:* Left punch, right punch in rapid succession

*Defense:*

1) Right chicken head block, rapid right snapping palm block while simultaneously stepping forward with left foot into a left forward stance (step behind opponent's right foot)

2) Inverse reach with left vertical ridgehand behind opponent's spine, simultaneously rotating to a right forward stance and drawing right hand above left shoulder

3) Right outside eye rake strike

4) Draw both hands back, simultaneous left inverse ridgehand strike to spine and right inside hammerfist strike to chest (or heart)

5) Right front elbow strike to head (drive down toward ground), Kiai

6) Step back with right foot into left fighting stance

### **High Jinks (Orange)**

*Attack:* Right front kick, left front kick to body in rapid succession

*Defense:*

1) Right downward snapping palm block, simultaneously step back with right foot to a left forward stance

2) Left downward snapping palm block, simultaneously draw back with left foot to left cat stance

3) Left front thrust kick to opponent's right knee

4) Right front snap kick to opponent's ribs or chest

5) Right jump spin kick to opponent's head, Kiai

6) Set down into right fighting stance

## **Crescent Ridge (Orange)**

*Attack:* Left punch, right punch in rapid succession

*Defense:*

- 1) Right outside chop block
- 2) Step back slightly with left foot, grab opponent's right punch with right inside crane block
- 3) Still holding opponent's right hand with inside crane, right side kick to ribs
- 4) Let go of opponent's hand, left turn kick to ribs
- 5) Set down in a left forward stance, right inside ridgehand strike to temple while covering (or "blocking the sun") with the left hand
- 6) Right outside crescent kick to side of head, Kiai
- 7) Bring right foot all the way back to left fighting stance

## **X-Ceeding (Orange)**

*Attack:* Front kick, left hand overhead strike in rapid succession

*Defense:*

- 1) X-block low, hands closed while stepping back with the right foot into a left forward stance
- 2) X-block high, hands open with left hand on top
- 3) Grab opponent's left arm with open left hand. Keeping their left arm raised, step forward with right foot while pressing their left shoulder joint down with right hand
- 4) "Check" their leg with right foot by rotating foot so that heel points up, right upward kick with heel to opponent's chest
- 5) Raise right arm up, scooping towards inner body, and strike with a right downward elbow to opponent's spine (sandwich opponent between knee and elbow)
- 6) Let go of opponent's left arm, left reverse punch strike to back of opponent's head, Kiai
- 7) Shift to right fighting stance

## **Spin-Out (Green)**

*Attack:* Opponent at right side, left hand grab of right shoulder

*Defense:*

- 1) Right inward block (at right side)
- 2) Pivot counterclockwise (feet remain in place) to spin completely around and execute a left backfist strike to head
- 3) Step with left foot behind opponent's left leg, right sliding punch to ribs while covering face with left arm
- 4) Check the left foot and bring left arm in front of opponent's chest, left foot sweep by bringing left foot back while executing left inside ridgehand push/strike to opponent's throat
- 5) Slide left foot to right foot, right turning ax kick to a vulnerable part of opponent, Kiai
- 6) Set down in right fighting stance

## **Screwing Around (Green)**

*Attack:* (Defender's right hand out in front) Right hand grab of right forearm

*Defense:*

- 1) Right hand under-and-over grab of opponent's right wrist, pull arm with right hand and pivot body to right while executing a left inside block to arm
- 2) Keep hold of opponent's right wrist, left outside eye rake strike to face
  - Continue movement by letting go of right wrist and step with right foot into a right fighting stance to execute a right downward thrusting palm heel strike to jaw
- 3) Check with right foot, right upward kick (with heel) to groin
- 4) Shift to right fighting stance, right upward elbow strike to face
- 5) Pivot body forward, left reverse punch strike to sternum, Kiai
- 6) Shift to right fighting stance