**MOVES**

* Empty hand sequence: 3
* 2-1 sequence: 1
* Throws: 1
* Knife sequence: 2

**EMPTY HAND SEQUENCE #1**

A right jab, left cross, right haymaker. J parries both, blocks the haymaker with both arms, ducks under and uses pressing arm down to floor, kicks A away.

**EMPTY HAND SEQUENCE #2**

A throws a left roundhouse kick, followed by a right sideways hammer strike. J blocks, does an elbow break, left lower sidekick to A’s right leg, regular sidekick to A’s ribs.

**EMPTY HAND SEQUENCE #3**

A and J circle in sparring stances; A feints a punch, then lunges with an uppercut. J falls down, A leaps forward with a stomp, J rolls sideways. A throws a low kick to J’s ribs; J curls up, blocks kick with shin, and thrust kicks A’s groin/stomach with other foot, and scrambles back up.

**2-1 SEQUENCE**

After a sequence reset, J is surrounded by both A and M on either side. After a brief pause, A calls out “Hey!” to distract J. J turns towards A, while M rushes in with a bear hug. A throws a few hooks and a groin strike, which J blocks with his knee, and head butts A backwards. A comes in again, but J jumps up and throws a double kick, throwing M off balance. J stomps on M’s foot and bends his body/shoves backwards, loosening M’s grip, and throwing M over the hip/shoulder.

**KNIFE SEQUENCE #1**

M does a downward diagonal, reverse downward diagonal, upwards straight stab to the groin/stomach. J thrusts arms forward to block, arms horizontal and parallel, right over left, twisting M’s arm behind. J jerks up, forcing M to drop the knife. J knees M with right knee, followed by a right elbow to M’s spine/back. M drops/rolls away.

**KNIFE SEQUENCE #2**

A (holding knife in downward grip) throws a downward diagonal, reverse downward diagonal slash, followed by a downward stab. J thrusts hands up in an X to block the stab, guiding A into a roll. J does a sidekick thrust to A’s stomach/chest, disarms A, and throws the knife away.