

### TWENTY BASIC ONE STEPS

1. Evade to right in horseback c/s on left- punch with left to maxilla, c/s on right - punch with right to maxilla- simultaneous knife hand chop with left to wrist.
2. Evade to left in horseback - c/s on right, punch r, l, to floating rib; then right, left to maxilla - pull shoulder down with left hand and sweep with left leg - right heel to chin.
3. Inside-out block with left (stepping forward) right punch to nose- left ear strike- right inverted knuckle strike to Adam's apple.
4. Inside-out block with left (stepping forward) right punch to nose- left ear strike- right groin strike with pull back.
5. Inside-out block with right (stepping forward) - left punch to maxilla- right ridge hand to temple- left vertical punch to floating rib.
6. Inside-out block with right (stepping forward)- left punch to maxilla - right ridge hand to temple- trap arm left out-in arm break.
7. Inside-out block with left - right punch to nose - grab opponent's wrist with left hand - overhead sweep with right then upward strike to solar plexus with right.
8. Outside-in block with right (stepping forward)-grab opponent's wrist with left- step in elbow to temple with right while simultaneously pulling with left hand and stomping with right foot.
9. Outside- in block with right (stepping forward)- spin in, left elbow to solar plexus-left backfist to nose then openhand groin strike with left.
10. Outside- in block with left (stepping forward)-spin out, right elbow to floating rib-left fist over shoulder to maxilla.
11. Stepping back with right leg-right over left slap intercept of fist with quick eye strike with open right hand- right front snap kick to groin then step forward with right elbow upward strike to chin.
12. Stepping back upward cross block (w/open hands- right over left) intercept of fist trapping arm- twist joint forward-right front snap kick with shoelaces to nose- downward right elbow to odontoid.
13. Duck under strike falling to right knee with simultaneous right downward open backhand strike to groin- pickup both pant leg cuffs- stand while still holding pant leg cuffs- right heel kick to groin.
14. Duck under strike falling to right knee- reverse punch to groin- right hand to back of opponent's right heel- left hand pushes knee joint outwardly for takedown.
15. Inside-out block with right (stepping forward with right foot to inside of opponent's right foot)-knee takedown moving knee outside to inside-simultaneous reverse punch with left to maxilla as opponent falls.
16. Step in high block intercept punch with right- slide down opponent's arm- elbow strike to brachial plexus in armpit.
17. Step in with inside-out block with left- double ear strike- pull head downward into forward thrust of right knee.
18. Outside-in crescent kick block with right-side kick strike to solar plexus with same leg.
19. Outside-in block with left (stepping forward)-spinning back knife hand chop to odontoid with right.
20. Inside-out block with left (stepping forward)-right knife hand chop to cervical plexus- palm heel to nose with left.