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Adult Phase 2.2

A.

Circling the Horizon- Attack- Right step through punch

Defense- Left step drag towards 10:00 with a left inward parry. Left hand checks/traps opps. right arm as right foot pulls into a transitional cat stance and right hand threads a straight punch to his face. Without loss of motion, C-step behind his right leg into horse stance and deliver a right inward elbow to his ribs. Right back fist through the back of his thigh. Reverse the flow of the back fist and fire an inverted back fist to his groin.

Raking Mace- Attack- Two handed lapel grab, pulling you in.

Defense- Trap his hands to your chest with your left hand as you step into right neutral bow and deliver right uppercut to sternum. Circle right hand counter clockwise to hammer fist his face and cut through elbows, knocking his hands off of your shirt. Right chop to neck, followed by right inside elbow to head.

Back Breaker- Attack- Right punch from right side (Sucker punch)

Defense- Step drag towards 2:00 with right leg, executing a right outward block and left check. Grab his right shoulder with your right hand. Step towards 1:00 with your left foot as your left hand grabs his left shoulder, taking control of his back. Right leg then draws back into left forward bow as both hands pull him close to you. Right returning knee to spine, drop opponent onto your left knee. Right chop to neck followed by neck crank. Right chop to neck, left chop to neck, double rolling downward back fists to chest. Step towards 11:00 with left foot as you rake his face to drop opponent on their back. Pivot to reverse bow and downward front kick opponent while they are down.

Brushing the Storm- Overhead club from right side (Sucker club)

Defense- Step drag to 2:00 with right leg, executing a left inward parry across your body with a right palm thrust under opponents chin. Right downward elbow to his sternum. Left foot steps to 1:00 as right hand drops to palm strike groin. Right hand slides down his right leg to hook and lift knee as right leg steps back into a left cat stance and left hand pushes on back of his hip forcing him to bend over away from you. Left scoop kick to groin, plant in left front cross followed by a right step over sidekick to back of knee.

Adult Phase 2.2 (continued)

B.

Flashing Mace- Attack- Straight right punch

Defense- Step to left neutral bow with left inward block to his elbow as right hand catches inside of his wrist, hyper-extending his arm. Trap his arm to his body with your left hand as you cock your right hand high in hammer fist position. Right hammer fist to face. Step through to 11:00 with your right foot and pivot counter clockwise to drop a left hammer fist to his groin. Right hand checks his hands down followed by a left waiters check to keep his hands down. Finish with right upward back fist to face.

Conquering Shield- Attack- Left lapel grab, attempted punch

Defense- Pin his hand with your left hand while stepping back with your left foot, executing a right inward block to elbow and a right front kick to inside right knee. Land in a right neutral bow with downward elbow to his right elbow. Right upward elbow under chin. Finish with a right heel palm to the face.

Thundering Hammers- Attack- Straight right punch

Defense- Left foot steps forward towards 11:00 with left inward block. Step drag forward with right hammer fist to stomach. Pivot to right closed kneel with a left hammer to kidney. Pivot to left closed kneel with right hammer to back of neck. Left foot steps back to 8:00 with right downward back fist to head. Re-enter on the 2:00 line, finishing with a right upward palm to face.

Gripping Talon- Attack- Left grab to your right wrist

Defense- Left hand circles clockwise under your right hand to grab his left wrist as you step into right neutral bow, freeing your right hand. Right hand outward backfist to his groin. Without loss of motion, right elbow strikes inward through his ribs followed by a right outward elbow that stops on his ribs. Left foot rear crosses toward 2:00 as your right hand backfists through his stomach, bending him over. Right leg buckles the inside of his left knee as your right hand does a looping backfist to the back of his head, keeping him bent over. A right knee strike to his face starts the cover out.

Adult Phase 2.2 (continued)

Flight To Freedom- Attack- Right hammerlock

Defense- Right counter grab as you step back toward 6:00 with your left foot and deliver left elbow to his face (which is blocked). Step left leg to 1:00 into reverse cat stance and deliver right rear kick to ribs, backing him up. Land right foot at 6:00 in a twist stance with a left inside block to elbow, creating arm bar. Finish with left side kick to inside of his left knee.

Circles Of Protection- Attack- Right step through overhead punch

Defense- Step forward into left neutral bow as you execute a right high block and left thrusting knife hand strike to his throat. Circle right hand clockwise to palm strike the groin, chambering left hand to your chest. Quickly deliver a left back fist to his face.

Menacing Twirl- Attack-Left hand rear belt grab

Defense- Right rear cross to 7:00, pivoting into a right forward bow executing a right downward block to clear his arm off of you. Quickly follow that up with a left heel palm strike to chin. Left advancing knee strike to groin. Right roundhouse knee to inside of his right knee. Before your right foot lands, deliver a right side kick to inside of his left knee.

Taming The Mace- Attack- Right punch, with back against wall

Defense- Left step drag to closed kneel towards 11:00 executing a left inward parry to his fist and a right downward chop to inside of his elbow. This should trap his right hand to your chest. Follow up with a right rising back fist to his face. Position your right hand to grab his face or shoulder. Left rear cross towards 4:00 allowing you to twist counterclockwise to push him into the wall. Follow with a right knee strike to any available target.