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Adult 3.2

A.

Circling Destruction- Attack- Left jab

Defense- Right foot to 1:00 executing reversing mace without the kick. Left foot up the clock to 4:00 with left palm to the face, pivot to right neutral bow facing 11:00 with a right chop to the neck, grabbing his chin. Right hand rakes back on his face as right leg front scoop kicks the groin with a simultaneous left palm to the neck or shoulder. Plant right foot back to left neutral bow using left arm as a brace between you and his back. Finish technique with a right reverse punch to the spine or kidney

Glancing Wing- Attack- Front left hand uppercut

Defense- While in a right neutral bow, deliver a right inward/downward block to his uppercut while delivering a left vertical punch to his face. Pivot to right forward bow as left hand moves down to trap his hand and right hand circles up under chin with an outward claw rake. Without loss of motion, right hand circles quickly into a hammer fist to his kidneys. Left leg slides back to 4:00 as left hand hooks the back of his neck to pull his head down and right hand hooks back on his left arm to leverage him down further. Right inward elbow to the side of his jaw.

Desperate Falcons- Attack- Double wrist grab

Defense- Step left to 11:00 as you circle your right hand under your left and pin his hands together. Keep circling your hands clockwise until you are on top. Shift into a reverse bow to pull him towards you. Shift back into neutral bow with a right reverse punch to his ribs and a left back fist to his face (needling). Left hand checks down on his hands as right leg c-steps into him, delivering a right back fist to his face that then collapses into a right inward elbow strike. Continue moving the right hand to drop a hammer fist down to his stomach. Right rear cross in to buckle inside of his left leg while dropping right hammer fist to his groin. Shoot your right knee to the inside of his right knee and start cover out.

Glancing Spear- Attack- Right grab to left wrist

Defense- Step back right to 6:00 as your right hand circles under your left hand, counter grabbing the attacker's wrist. Pivot to reverse bow with a lifting elbow to hyper-extend his elbow. Pivot to neutral bow with left outward elbow to ribs. Use your right hand to check down on his forearm, then glance a right finger spear/palm strike to his eye. Use your left leg to inside sweep the back of his right leg out of the way. This should set up a line of entry to spin clockwise and buckle the back of his right leg, dropping him to the ground. Kick him in the chest with a right downward round kick.

Twirling Wings- Attack- Rear two hand strangle

Defense- Left rear cross to 4:00 and pivot to face opponent with a left outward block. Immediately pivot to a left forward bow with a right inward elbow to his ribs. Quickly pivot to right closed kneel and deliver a left inward elbow to his ribs.

3.2 (CONTINUED)

B.

Detour from Doom- Attack- Right round kick

Defense- Starting from right neutral bow, right foot slides forward as left foot slides up the clock to 4:00 (tear drop step) with a left downward block and a right vertical punch to the face. As punch is extended, left leg pulls forward to cat stance. Right snapping front kick to the groin. Left vertical punch to the sternum. As left foot slides up the clock to 3:00, left hand hooks his neck downward and right hand back fists the stomach. Right hand continues to circle counter clockwise to hammer fist the back of his neck.

Circling Fans- Attack- Left, right straight punch combo

Defense- Left foot steps back with right inward parry. As 2nd punch is thrown, execute a left inward parry with a right front kick to the groin from a cat stance chamber. Land forward with a right inverted punch to the face. Left front cross with left vertical punch to the chest. Right knee groin. Land with a right stiff arm raise to the chin. Cross out. Assess the target. Re-enter with a shuffle side kick.

Unfurling Crane- Attack- Left, right hook punch combo

Defense- Left foot back to right neutral bow with right outward block. As 2nd punch is thrown, shuffle in with a double factored right inward/left outward block and a right hammer fist to the groin. Left downward palm to the face followed by a right downward back knuckle to the nose. Drag left leg into right cat stance with a right hammerfist to groin. Right scoop kick to his groin with a right upward/outward elbow/raking claw to face. Before landing, shoot a right side kick to inside of his right knee and right chop to side of his neck.

Leap of Death- Attack- Straight right punch

Defense- Step back with your right foot to 6:00 with a right outward brush block. Right hand grabs his wrist as left hand palm strikes the back of his elbow. Left back fist to ribs followed by left arm bar, driving him to the ground. Jump on downed opponents back, scraping his kidneys with your heels. Continue your downward momentum with a double palm strike to the back of his head. Pivot knees in to pin his shoulders down as your hands reach under chin and crank up on his neck. Maintain hold on his chin with your right hand. Turn his face up with your right hand as left hand pushes the back of his head down, causing a neck crank. Right knife hand to his face followed by left downward palm to the back of his head, bouncing it off of the ground. Leap off of him to his right side turning counterclockwise in the air to land with a downward right roundhouse kick.

Captured Leaves- Attack- Left grab to your right hand/fingers from 3:00

Defense- Right leg forward towards 12:00. Right hand lifts up and forward to relieve pressure on fingers. Left hand contours up the back of your right arm to push his grab off of you. Pivot counterclockwise in place with a left outward elbow to the back of his ribs. Quickly pivot in place clockwise to a right outward elbow to the front of his ribs.

3.2 (CONTINUED)

C.

Protecting Fans- Attack- Left, right straight punch combo

Defense- Step to 11:00 with left foot as you execute a left inward parry to first punch followed by a right outward parry to second punch. Grab his right hand with your right hand as you pull them into a right front kick to groin and a simultaneous left finger spear to his eye. Plant right foot inside his right knee to create knee check and deliver a right inside elbow to sternum as left hand works a pinning check. Right hand outward to claw his face then hook the back of his neck. Pull his neck toward you as left hand does a knife hand to his throat and your right foot scoop kicks to his groin and plants back toward 6:00.

Squatting Sacrifice- Attack- Rear bear hug (arms free)

Defense- Step to 3:00 with right leg into horse stance as both elbows drop on his arms, breaking the grab. Squat on his right knee, forcing it backwards as you bend to get his right heel. Lift his right heel as you push down and back with your butt, forcing him to the floor. Stomp your left foot into his groin then plant toward 12:00. Quickly pivot your body and his foot/ankle clockwise to roll them on their stomach. Slide into close kneel to pin him down with your right knee as you right reverse punch them in the spine. Finish by grabbing their right pant leg and left shoulder. Lift these two parts as you stomp on their spine with your right foot.

Dance of Death- Attack-Straight right punch

Defense- Left foot steps forward to 11:00 as left hand inside blocks punch. Simultaneously deliver a right ridge hand to the groin. Left hand tracks down his side to hook back of his knee. Right leg c-steps through as right forearm forces him onto his back. Maintain grab with left hand. Right back knuckle to inside of left thigh followed by right downward knife hand to groin. Rotate his foot/ankle clockwise to force them onto their stomach. Left leg steps on his back as you step over them (wind up on their right side). Left side kick to ribs, followed by a right knife hand to neck. Right foot steps on back as you step over him (now on left of him). Right side kick to head.

Glancing Salute- Attack- Right cross push

Defense- Left foot steps to 11:00 as left arm inside blocks elbow and right arm outside blocks inside of wrist, causing an arm bar. Left hand checks his arm down as right hand delivers a heel palm to face. Follow through until your hand is behind his head. Right hand creates a crane hook around back of neck. Anchor right elbow to pull him into a right knee strike to solar plexus.

Calming the Storm- Right step through round house club swing

Defense- Right foot forward with right vertical punch to his face and left positional check. Right hand hammers down on his right arm to loosen bat and check his arm followed by left hand reverse punch to his ribs. Left hand grabs his wrist as right hand back knuckles his stomach. Left hand grabs bat and cover, using your right hand to assist in clearing the weapon.

Gift In Return- Right handshake with the threat of a kick

Defense- Grab his handshake with both hands and pull it down and towards his groin as you step with your left leg towards 11:00. Use your right hand to pass his right hand through his legs and grab it with your left hand as you step around him and take his back. With your left leg closer to him, lift his hand up with your left hand, crushing his groin. Push down on his kidneys with a right downward palm strike followed by a right step through side kick to the back of his left knee. Finish with a left knee strike to his tail bone.