



Adult 3.3

A.

Rotating Destruction- Attack- Right front kick, left spin side kick combo

Defense- From a right neutral bow, execute a right scooping outside block dumping his leg, forcing him to rotate into his spin side kick. As second kick comes in, rear cross with right leg and drop right hand for a downward block. Pivot clockwise into left neutral bow and deliver left roundhouse kick to his mid-section. Follow up with a right spin side kick to his sternum. Cross out, re-enter with a right shuffle side kick.

Thrust into Darkness- Attack- Right sucker punch from behind

Defense- Right foot steps forward to 12:00, deliver a left rear kick to his groin, landing toward 5:00.

Right snap front kick to his stomach to back him up, landing toward 6:00. Left front cross toward 5:00 to set up a right side kick to the inside of his left knee, dropping opponent to a knee. As you land in right neutral bow, deliver a right backfist to his face and a left reverse punch to his sternum simultaneously.

Cross out, re-enter with a right side kick.

Deceptive Panther- Attack- Right front kick low, high roundhouse kick

Defense- From right neutral bow, shift left leg to 4:00 as you execute a right hand high universal block.

Quickly deliver a right side kick to opponents left knee, buckling his knee. Land toward his center line and pivot into right twist stance as you deliver right downward back fist to his head and left hammer fist to back of neck. Rotate counter-clockwise with a right rising back fist to his face. Keep rotating until you are in a reverse bow, follow with a right rear kick to his mid-section.

Piercing Lance- Attack- Thrusting knife stab

Defense- From a left neutral bow with your hands high, shift your right foot to 7:00 with a left hand high universal block. Left hand grabs his right wrist. Right rear cross, pivoting back to back with opponent.

Right elbow to his spine. Right foot front cross back to original position, and pivot back to left neutral bow. Right hand grabs his wrist as left hand sword hits him in the neck. Grab his neck with your left hand. Left foot steps back, dropping down to your left knee. Pull him down to the ground and leverage his elbow over your right knee, breaking his arm over your knee.

Bow Of Compulsion- Attack- Opponent pins your right hand to his chest

Defense- Pin his right elbow with your left hand as you step towards 12:00 with your right foot and collapse your right elbow into his sternum. Drop into wide kneel as right hand rakes down his groin with a palm strike. Quickly reverse motion with upward ridge hand to his groin. Right outward backfist to his left inner thigh, followed by right hook punch to his right inner thigh.

B.

Entangled Wing- Attack- Right figure 4 arm lock

Defense- Pin his right elbow with your left hand as you step towards 12:00 with your right foot and collapse your right elbow into his sternum. Lift your right elbow up to his chin. Grab his left wrist with your right hand as you pivot in place counter clockwise and deliver a left outward elbow to his back/ribs as your right hand pulls down on his left wrist, hyper extending his elbow over right shoulder. Pivot clockwise in place with a right back elbow to his chest and a left high check.

Shield and Sword- Attack- Left backfist

Defense- Right foot steps toward 1:00 to forward bow as you execute a left extended outward block with left hand, simultaneously cocking your right hand next to your head. Pivot to face him and deliver a right inverted chop to the back of his neck. Pivot back to right forward bow with a left inside elbow to his ribs, maintaining check with your right hand. Left foot rear crosses toward 5:00 as right hand knuckle rakes his kidney. Without loss of motion, right foot follows with roundhouse to kidney or back of knee.

Fatal Cross- Attack- Two handed push, (low)

Defense- Right foot steps toward 1:00 to forward bow as your hands scoop down on inside of his arms, pulling him toward you. Continue to circle hands around and deliver middle knuckle uppercuts to his ribs. Follow that with cross handed back knuckles to his throat, right hand on top. Finger spears to his eyes, right hand still on top. With your hands still crossed, drop them down to check/grab his shoulders. Left advancing knee strike to his groin followed by a right returning knee strike to groin. Pull his left shoulder with your left hand and “cross face” him with your right forearm to rotate them clockwise, “taking” his back. Follow with a right advancing knee to his tail bone, then a left knee to his spine. With left knee still in the air, drop a left sidekick to the back of his knee, stomping him to the floor.

Glancing Lance- Attack- Right knife thrust with your hands down

Defense- Right foot steps back toward 6:00 while executing a right outside brush block/wrist grab and a simultaneous left heel palm to his elbow. Right snap front kick to his groin. Land toward 12:00 and trap his right hand down with your left hand as your right hand catches him with an eye poke. Circle right hand counter-clockwise and chop his lower back/kidney area as your left foot moves toward 9:00(behind him). Right side kick to the back of his knee, dropping him to the floor. Execute a right heel palm to his right jaw. Left middle knuckle punch to the base of his skull. Finish with a right inward elbow to his head.

Darting Mace- Attack- Two handed grab to your right wrist

Defense- As your left foot steps toward 11:00, counter grab his right wrist with your right hand as your left forearm inside blocks the back of his right elbow. Without loss of motion, glance your left inside block to a left vertical punch to his face. Trap his arms down with your left hand as you pivot to a left forward bow and deliver a right reverse punch to his solar plexus. Slide your right foot toward 1:00 into a right cat stance as you strike him in the throat with a left knife hand. Right foot steps forward toward 1:00 into a right neutral bow with a right heel palm to his face.

C.

Thrusting Wedge- Attack- Two handed push (high)

Defense- Right foot steps toward 1:00 into a forward bow as hands shoot up inside of his arms, creating a wedge block. Left hand grabs his right wrist. Pivot into a right neutral bow as you anchor his right hand to your left hip, pulling him into a right upward elbow. Follow elbow with a downward/forward palm strike to his face.

Blinding Sacrifice- Attack- Two handed push (high)

Defense- Right foot steps toward 1:00 into forward bow as hands create wedge block inside of his arms.

Immediately turn hands over to an outward eye rake. Without loss of motion, drop to right wide kneel while circling your hands down to palm strike his groin. Quickly circle hands behind his back and deliver inverted back fist strikes to his kidneys as you push drag back into a right cat stance with your hands up as precautionary check or a guard. Step into a right neutral bow again with finger spears to eyes. Rake hands down eyes and face then circle hands back up to back knuckle his head. Quick circle hands to hammer fist sides of head. Immediately grab his head and pull it down as you deliver a right knee strike to face.

Fallen Cross- Attack- 2 handed choke from behind

Defense- Reach up and grab his hands to stop him from choking you. As you grab his hands and pull them from your neck, drop left leg to 9:00 into a horse stance. Step towards 10:00 with your right leg, twisting his arms together as you pivot to face him. You should now be in a forward bow, facing him(6:00). Pull his hands toward you as you deliver a right knee strike to his elbows, followed by a ball kick to his groin. Land in a right neutral bow facing him and deliver a right sandwiching elbow to his jaw.

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Raining Lance- Attack- Overhead knife stab

Defense- Left foot steps toward 11:00 into neutral bow with a left inside parry. Raise right hand to make open-ended triangle and guide knife into his right thigh. Pivot to forward bow with a right inward elbow to the head, exposing his center line. Left rising inverted palm to throat and squeeze as right hand checks down on the knife. Switch hands to right "pinch" to eyes and left check down to the knife. Right foot C-steps behind him with a left outward crane hook on his neck, pulling him over your knee. As he falls, drop a right hammer fist his chest.

Begging Hands- Attack- Double wrist grab

Defense- Left foot drops back towards 7:00 into a right cat stance as you roll both of your hands palm up(begging hands). From cat stance, deliver a right foot front kick to his stomach or groin, forcing him to bend down. As your right foot lands forward, immediately deliver a left foot front kick to his chest or chin, forcing him to stand back up. Finish with a double heel palm strike to his floating ribs.

Repeated Devastation- Attack- Full nelson

Defense- Left foot steps toward 9:00 into a horse stance as both hands punch over your shoulders towards his face. Immediately drop both of your arms to stop his grab (similar to crashing wings) and deliver a backwards head-butt. Snake your left hand under his left arm (over hook) to trap his arm to your body. Step with your left foot towards 1:00 and pivot towards him as you deliver a right outward elbow to his face. As he pulls you back, step back with your left leg towards 9:00 (original position) and over hook his right arm with your right arm. Keeping his arm trapped, step your right foot towards 11:00 and pivot into him with a left outward elbow.