

## BASIC KICKING AND BLOCKING

### Basic Blocking #1 (Ready Stance)

Down Block  
Middle Block  
Upper Block  
Middle Punch  
Upper Punch

### Basic Blocking #2 (Ready Stance)

Knife Hand Strike  
Open Hand Middle Block  
Open Hand Down Block  
Spear Hand Strike

### Basic Blocking #3 (Ready Stance)

Double Fist Middle Block  
Double Fist Middle & Upper Block  
Double Fist Down Block  
Double Side Thrust Punch  
U Punch

### Basic Kicking #1 (Fighting Stance)

Front Kick  
Side Kick  
Front Kick  
Roundhouse Kick

### Basic Kicking #2 (Fighting Stance)

Roundhouse Kick  
Turning Back Side Kick  
Roundhouse Kick

### Basic Kicking #3 (Fighting Stance)

Front Kick  
Side Kick  
Turning Back Side Kick  
Roundhouse Kick