



Motivation

High X block, Step back right foot
kneel right knee to ground, double down block
High block, reverse punch
rise up to #2 front kick advancing (right foot)
#3 right foot low high kick
#5 side kick w/left foot
#2 front kick
falling to right knee, raising side kick w/ left leg
to kneeling position w/ right knee on ground
reverse inward ridge hand to outward knife hand (bow/arrow)
reverse punch w/ right hand
palm to hand clinch rising up back knee strike advancing
#1 jump front kick
#5 side kick
180 turn, double low block, double high block
step up aim left hand
step forward right leg, right straight punch (jab)
#2 front kick (left leg)
front high palm stick, reverse punch
slide forward right foot facing front wall
High X block to double down block in horse stance