



## **Self-Control**

Step left foot to left wall sudo  
#1 left leg inverted kick  
#2 right leg low high round kick  
#5 side kick w/ left leg  
turn to right wall  
sudo w/ right leg in front  
#1 right leg inverted kick  
#2 left leg low high round kick  
#5 spin side kick w/ right leg  
right foot steps to the front wall  
left steps behind spin back fist w/ left hand  
right hand inward hammer fist  
right hand straight punch (aim)  
#2 left leg axe kick  
180 turn to left steps to back wall  
double low block  
double inverted out block  
aim left hand  
right hand reverse lunge punch (cross)  
#2 side kick right leg  
#3 step behind kick  
3/4 turn sudo to left  
slide step sudo to right