

USTCA

White Belt

One Steps

Face each other - right leg back, fighting stance
Partner punches face level with right hand

1. Step to the left at a 45 degree angle into horse riding stance, Left hand palm block, Right hand mid section punch to ribs. KEOP!
2. Step to the left at a 45 degree angle into horse riding stance, Left hand palm block, Right hand mid section punch to ribs, Left hand mid section punch to ribs. KEOP!
3. Step to the left at a 45 degree angle into horse riding stance, Left hand palm block, Right hand mid section punch to ribs, Left hand mid section punch to ribs, Right hand palm heel to face. KEOP!
4. Left hand palm block, squat into lower stance, Right hand punch to mid section. KEOP!
5. Left hand palm block, squat into lower stance, Right hand punch to mid section, higher stance, Right hand palm strike to face. KEOP!