

## CURRICULUM: TWENTY BASIC ONE STEPS

1.

Evade to the RIGHT in horseback stance, cup and saucer on the LEFT- punch with LEFT to face (great bone orifice), cup and saucer on the RIGHT - punch with RIGHT to face (great bone orifice)- simultaneous knife hand chop with LEFT to the forearm (crooked pond).

2.

Step in with RIGHT leg, RIGHT high block under opponent's arm - slide down opponent's arm- RIGHT downward elbow strike to the armpit (brachial plexus).

3.

RIGHT Outside-in block to forearm (crooked pond) into a horseback stance, grab opponents' forearm with left hand, step-in RIGHT-sided elbow strike to the temple (temporal plexus) with RIGHT while simultaneously pulling with left hand and transferring weight to the RIGHT foot as you step in.

4.

LEFT Inside-out block to the forearm (crooked pond), double handed ear strike (ear drum), pull head downward into RIGHT upward knee strike to the nose (white bone orifice).

5.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT inverted knuckle strike to Adam's apple (thyroid cartilage).

6.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT groin strike (pelvic plexus) with pull back.

7.

RIGHT Outside-in crescent kick block to the forearm (crooked pond) then in continuous motion, RIGHT side kick to solar plexus.

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8.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to nose (white bone orifice), grab opponents' wrist with LEFT hand to overhead sweep, sweeping RIGHT upward punch to solar plexus.

9.

RIGHT Inside-out block to forearm (four rivers), LEFT high punch to face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), LEFT vertical punch to floating rib.

10.

RIGHT Inside-out block to forearm (four rivers), LEFT high punch to the face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), RIGHT hand traps opponents' wrist, LEFT outside-in block, elbow break.

11.

RIGHT Outside- in block to the forearm (crooked pond) while stepping forward- spin inward 180 degrees, LEFT backwards elbow to the solar plexus, LEFT backfist to nose (white bone orifice), LEFT openhanded groin strike (pelvic plexus).

12.

LEFT Outside-in block to the forearm (four rivers), spin outward 180 degrees, RIGHT elbow to floating rib, LEFT punch over the shoulder to face (great bone orifice).

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13.

RIGHT Inside-out block to the forearm (four rivers) while stepping forward with RIGHT foot to inside of opponent's right foot, RIGHT knee takedown moving knee outside to inside, simultaneous LEFT reverse punch to the face (great bone orifice) as opponent falls.

14.

Duck (evade) under strike falling to RIGHT knee with simultaneous RIGHT downward open backhand strike to groin (pelvic plexus). Pickup both pant leg cuffs, stand up while still holding pant leg cuffs, RIGHT heel kick to groin (pelvic plexus).

15.

Duck (evade) under strike falling to RIGHT knee, RIGHT reverse punch to groin (pelvic plexus). RIGHT open-handed cupping- immobilization of opponent's right heel, LEFT hand pushes knee joint outwardly for takedown.

16.

LEFT Inside-out block to the forearm (crooked pond), RIGHT knife hand chop to the neck (cervical plexus), LEFT palm heel to nose (white bone orifice).

17.

LEFT Outside-in block to the forearm (four rivers), LOOK, RIGHT spinning back knife hand chop to the back of the neck (wind mansion).

18.

Stepping back with the RIGHT leg, upward cross block (w/open hands, right over left) intercept and trapping opponent's wrists. Rotate opponent's arm down (clockwise) while using your left hand to push down on opponent's elbow joint. RIGHT low front snap kick to the nose (white bone orifice), RIGHT downward elbow strike to the back of the neck (wind mansion).

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19.

Evade by stepping back with RIGHT leg, RIGHT over LEFT slap intercept of the fist (re-direct opponents punch downward) with a quick RIGHT eye gouge (eyeballs), RIGHT front snap kick to groin (pelvic plexus), RIGHT upward elbow strike to chin (under the sauce receptacle).

20.

Evade forward LEFT (approx. 45 degrees) in horseback stance, cup and saucer on the RIGHT, RIGHT center punch/LEFT center punch to the left floating ribs; RIGHT high punch/LEFT high punch to face (great bone orifice) then pull shoulder down with LEFT hand and LEFT leg sweep of opponents' right leg. RIGHT heel kick to the chin (under the sauce receptacle).