

Hand Technique # 4 (for green belt testing to blue)

Ready Stance

Left foot step forward to back stance

Both knife hand body block

-return to ready stance

Right foot step forward to back stance

Both knife hand body block

-return to ready stance

Left foot step forward to back stance

Both knife hand down block

-return to ready stance

Right foot step forward to back stance

Both knife hand down block

-return to ready stance

Left foot step forward to back stance

Both closed fist body block

-return to ready stance

Right foot step forward to back stance

Both closed fist body block

-return to ready stance

Left foot step forward to back stance

Both hand down block closed fist

-return to ready stance

Right foot step forward to back stance

Both hand down block closed fist

-return to ready stance

Left foot step forward to front stance

Both hand cross face block closed fist

-return to ready stance

*return both fists to hips

Right foot step forward to front stance

Both hand cross block down closed fist

Return to ready stance