

Hand Technique # 5

Left two knife hand body block back stance
Shift to front stance, tiger mouth hand right
Right two knife hand body block back stance
Shift to front stance, tiger mouth hand left

Left closed fist two hand body block back stance
Shift to front stance, spear finger
Right closed fist two hand body block back stance
Shift to front stance, spear finger

Left Front Kick open hand block shift to front stance and middle punch
Right Front Kick open hand block shift to front stance and middle punch

Left Roundhouse kick to back stance single body block
Shift to front stance and right punch
Step back to kicking stance
right Roundhouse kick to back stance single body block
Shift to front stance and left punch

Left front stance and one knife hand face block, neck attack
right front stance and one knife hand face block, neck attack