

BASIC STANCES AND HAND STRIKES



NATURAL STANCE



READY STANCE



FIGHTING STANCE



FRONT JAB



REAR CROSS



FRONT HOOK



UPPERCUT



PALM



ELBOW



BASIC BLOCKS AND KICKS

OUTSIDE BLOCK



INSIDE BLOCK



MIDDLE BLOCK



LOW BLOCK



KNEE STRIKE



KNEE STRIKE



FRONT KICK



SIDE KICK



SIDE KICK

