

Hand Techniques 1-30

1. basic elbow strike
2. double elbow strike
3. knife hand attack
4. reverse punch
5. diagonal escape and double action technique
6. left escape and left counter-attack
7. right escape and knife hand attack
8. arm pull and elbow strike
9. same hand triple attack
10. right side escape with double punch
11. left escape and knee strike
12. knee attack to head
13. double knife hand attack
14. escape left and takedown using a stomp kick
15. pressing backward for takedown
16. double elbow strike
17. two finger spear hand/back fist combination
18. palm heel strike and take down
19. reverse block and takedown
20. straight on escape/elbow lock takedown
21. elbow strike to spine
22. back fist/stomp kick combination
23. elbow break/take down
24. triple combination/three stance changes
25. double elbow strike and knee strike
26. arm break
27. ridge hand/knee kick combination
28. wrist lock and two step retreat
29. low attack/leg trap takedown
30. head lock and takedown