

Two Step Exercise

No 1

Attacker: Move forward with right hand body punch

Defender: Body Block with left hand, followed my face punch with right hand.

Slide back leaving left foot in front. Then use Hammer kick with right leg followed by Crescent kick with left leg.

Now deliver Roundhouse kick to the head with right leg followed by elbow strike to the jaw with **left** elbow. Now turn 180' degree's to the left returning to starting position.

Attacker: Moves forward with left hand body punch.

Defender: Body Block with right hand, followed my face punch with left hand. Slide back leaving right foot in front. Then use Hammer kick with left leg followed by Crescent kick with right leg.

Now deliver Roundhouse kick to the head with left leg followed by elbow strike to the jaw with **right** elbow. Now turn 180' degree's to the right returning to starting position

No 2

Attacker: Move forward with right hand face punch

Defender: Face Block with left hand, followed my face punch with right hand.

Slide back leaving left foot in front. Then use Spinning Heal kick with right leg. Now deliver Front kick into Roundhouse kick followed by face punch with left hand. Now slide right leg back.

Attacker: Moves forward with left roundhouse kick.

Defender: Body block with left arm Slide back leaving left foot in front.

Then use Spinning Heal kick with right leg.

Now deliver Roundhouse kick moving right leg approximately 45 degree's across the front of attacker, then turn 180 degrees to the left so that the left leg is to the rear of the right leg. Follow this up by moving left leg forward then right leg hammer kick and left hand face punch. Now turn 180 degree's to the right returning to the start position

No 3

Attacker: Moves forward with right roundhouse kick.

Defender: Body block with left arm followed by right arm elbow strike and right hand back fist followed by left hand face punch. Now slide back leaving left leg forward. Follow this up with right leg roundhouse kick (**Attacker now moves back**) now slide in with roundhouse kick using right leg, which is followed by left hand face punch.

Attacker: Moves forward with left roundhouse kick.

Defender: Body block with right arm followed by left arm elbow strike and left hand back fist followed by right hand face punch. Now slide back leaving right leg forward. Follow this up with left leg roundhouse kick (**Attacker now moves back**) now slide in with roundhouse kick using left leg which is followed by right hand face punch.

No 4

Attacker: Move forward with right hand body punch

Defender: Move 45 degrees to the left using Body block with left arm followed this up with right hand and left hand body punch, then right hand face punch in horse riding punch.

Move right leg back into fighting stance then use it to do hammer kick, now follow this up with crescent kick then turn to the right leaving left leg on the spot.

Attacker: Moves forward with left roundhouse kick.

Defender: Body block with left arm followed by Spinning heel kick with right leg moving it back to its start position then do side kick with right leg followed by knife hand strike to the neck using right hand followed by left hand punch to face. Then move right leg back to start position.

No 5

Attacker: Move forward with right hand low punch then whilst on the spot then do face punch with left hand, right hand body punch and left hand face punch.

Defender: Low block with left arm followed by right hand face block, right hand body block then left arm face block then use right hand face punch. Change feet and do front kick with left leg leaving it forward.

Attacker: Roundhouse kick using left leg.

Defender: Body block with right arm followed by Front kick with right leg, now draw right leg back then slide back leaving left leg forward. This is then followed by Turning Side Kick using right leg. Now move left leg forward and do Hammer Kick with right leg. This is then followed by left arm elbow strike, and then move right leg back to start position.