

Danny Lane's

World Martial Arts Centers

Form Discipline

"Self control over mind and body"

Ready Stance

Set #1: Straddle leg punch (KIAI !) double punch , triple punch (High, Center, Low) ,right knife hand chop, left palm heel strike, right eye strike (KIAI !)

Set #2: Look left 1/4 turn, step back into back stance with left low block, right reverse punch, twisting into forward stance, look over the right shoulder 1/2 turn to the right, right foot slides across while turning into back stance, right knife hand block, left reverse punch twisting into forward stance.

Set#3: Look left 1/4 turn, step out with left foot into back stance with left high block, right reverse punch twisting into forward stance, adjust to fighting guard, right stepping front kick, right jumping front kick, lunging right back-fist, left reverse punch with right hand fighting guard (KIAI !)

Set#4: Abrupt 1/2 turn left into fighting stance, left jab, right cross, middle right spinning side kick, right slide-up round kick (high if possible), right back-fist, left reverse punch with right hand fighting guard (KIAI !) abrupt 1/2 turn left into fighting stance, look left 90 degrees, then right 180 degrees and then back center and then slowly bring the left front foot back into ready stance.