

UNITED FIGHTING ARTS FEDERATION FORM ONE

Look left, lunge back left knife hand block in a back stance; Right reverse punch forward stance; Slide up left jab in a L-stance (heels together, toes apart, knees bent); Left ball round kick; Right half punch forward stance; Step through left jab, right center punch forward stance.

Look right, step through to a back stance, right knife hand block; Left reverse punch forward stance; Slide up right jab in a L-stance (heels together, toes apart, knees bent); Right ball round kick; Left half punch in forward stance; Step through right jab, left center punch in forward stance.

Look right 1/4 turn, lunge back in back stance right low block, Left reverse punch in forward stance; Slide up right jab (high) into a V-stance; Step out with right foot left reverse punch forward stance; Left stepping front kick, look, turn 180*, right knife hand block in back stance; Left reverse punch in forward stance.

Left stepping front kick; Fold for high block on recoil of kick, landing in a back stance left high block; Right reverse punch forward stance; Right spinning ball round kick; On recoil of kick fold for backfist, landing in a back stance right backfist; Left uppercut forward stance; Right cross elbow back stance; Lunge right reverse chop in back stance; Left reverse punch forward stance (KIAI).

Look right, spin over left shoulder 135* to the left; Arms come in to set position; arms crossed right on inside in a cat stance; Step out to back stance with double forearm block; Left palm heel back stance; Right cross elbow in forward stance; Right knee to groin toes down; Stepping down into back stance right bottomfist; Left reverse punch forward stance.

Look 90* to the right; slide in to set position arms crossed, right on inside in a cat stance; Step out right into a back stance double forearm block; Right palm heel strike back stance; Left cross elbow forward stance; Left knee to the groin toes down; Right bottomfist in back stance; Left reverse punch forward stance.

Look over right shoulder; Shifting to a cat stance right trapping elbow lock; Right standing front kick; Left reverse punch in forward stance (KIAI).