

U.F.A.F. ONE PART TWO

Slide up right jab, feet together side stance; Right side kick, folding for cross block on recoil; Step down turning 180* into back stance cross block; Deflect, spearhand with left hand, right stepping center punch into forward stance.

Look 90* left, fold for right inside block; Step back with left leg into side stance, right inside block left spinning back kick landing in back stance guard up; Look 180* right sliding to cat stance, fold left hand for inside block; Step back with right foot into side stance; Left inside block right spinning back kick landing in back stance guard up.

Look 90* left, Lunge back with right leg in back stance left low block; Lunge back left knife hand block back stance; Slide up left jab, step out with left leg right reverse punch in forward stance; Right spinning side kick, left spinning back kick landing in back stance guard up.

Look 180* right, Lunge back with left leg into back stance right low block; Lunge back right knife hand block in back stance; Slide up right jab, step out with right leg left reverse punch in forward stance; Left spinning side kick, right spinning back kick landing in back stance with guard up.

Look 90* left, Slide up to cat stance, chamber right hand at side; Step back with left foot in side stance, right side punch, left spinning bottomfist side stance; Adjust, right stepping back kick landing in back stance with guard up.

Look 180* right, Slide back to cat stance, chamber left hand at side; Step back with right leg in side stance, Left side punch, right spinning bottomfist; Adjust, right stepping back kick landing in back stance with guard up.

Look 90* left, Lunge back with right foot into back stance left low block; Slide back fold for left knife hand block, step back block; Step back with left foot, right jab (on half step), left reverse punch in forward stance (KIAI).