



CHAMPION KARATE CENTERS

UNITED FIGHTING ARTS FEDERATION FORM TWO

Hands come in to right side , right hand in fist left hand covering, left foot slides in to right at same time for set position.

Look left, lunge back in a back stance left low block, shift to forward stance right reverse punch, shifting back to back stance left palm cross block, right spear hand to throat in a forward stance with right leg slightly bent, right thrusting front kick (on recoil of kick fold for back knucle strike with palms out) land in a cross stance with right back knuckle, step back with left leg into forward stance with left reverse punch, right jab in back stance, left reverse punch forward stance.

Look over right shoulder, step through with left leg into back stance with right low block, left reverse punch in forward stance, shift back to back stance right palm cross block, left spear hand to throat in a forward stace with left leg slightly bent, left thrust front kick folding for back knuckle on recoil of kick, land in cross stance with left back knuckle, step back with right leg into forward stance right reverse punch, left jab in back stance, right reverse punch in forward stance.

From forward stance with left leg in front right reverse punch, turn toward left into cross stance with hands swinging in to cross in front, step up with right leg feet together, hands come down in front of body hands open, raise hands up to chest close fists, raise hands up over head hands are apart, right reverse elbow to rear, left hand over shoulder, right arm wraps to grab (for shoulder throw) left hand closes into fist, simulate shoulder throw dropping on right knee right hand closed fist in front of body left hand on side.

Look up lunge back into back stance with left knife hand block, right reverse punch in forward stance, right inside crescent, right jump spinning inside crescent kick hitting hand and landing in side stance with right elbow strike into left hand looking at elbow, look right, slide up into cross stance right reinforced back knuckle, look over left shoulder, step back with left leg into back stance cross lapel grab, pull in to head butt, hands close, push back out with right inside crescent kick turning 180* degrees drop down on left knee left reverse punch KIAI

Look left 45* degree angle stand up guard position, low left round kick into knee, rechamber for side kick, middle left side kick to body, on recoil of kick high left spinning heel kick to face, turning a complete circle back to fighting stance, look right 45* degree angle shift guard, right low round kick to knee, rechamber for side kick, right middle side kick to body, right spinning heel kick to face, turning a complete circle back to fighting stance.

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