Basic Fundamentals

**Stances:** Chim-bee

Walking Stance

Square Stance

Fighting Stance (80-20)

Sitting Stance

Back Stance (50-50)

**Blocks:** Low Block

Inside Block

High Block

Outside Hammer Block

**Kicks:** Front Snap Kick

Side Kick

Round Kick

**Hand Strikes:** Punch (low, mid, high)

Face Chop (80-20)

Side Chop (50-50)

Spear Hand

Palm Strike

Advanced Fundamentals

**Stances:** Tiger Stance (90-10)

**Blocks:** Outside Block (50-50)

Outside Suto Block (50-50)

**Kicks:** Crescent Kick (Inside and Outside)

Hooking Heel Kick

Twist Kick

Push Kick

Tornado Kick

7 ways to apply all kicks

(stationary, cross over, pivot, shuffle, spin, high jump, flying)

**Hand Strikes:** Suto Chop (50-50)

Back Fist

Spin Back Fist

Hammer Fist

Elbow

**More Advanced Hand Strikes:**

Ox Jaw

Tiger’s Mouth

Ridge Hand

Upper Cut

Double Upper Cut