

Overall aim; Demonstration of strong postures.

Caution: You must perform all techniques with absolute control! Never attempt any technique that you or your training partner is unsure of.

Strike: Punch and Palm

1. Sweep.
2. Outside wrist, to knees.
3. Hip throw.
4. Irish roll.
5. Inside wrist.
6. Double arm (Full) throw.
7. Single arm (Half) throw.
8. Belt throw.

