



## **SUNSET FAMILY KARATE**

**7773 Healdsburg Avenue • Sebastopol, CA 95472 • (707) 824-9113**

### **FORTY- NINER CROSSED SWORDS**

- LEFT HAND GRAB:** STEP BACK WITH LEFT FOOT INTO A SIDE HORSE AND RIGHT VERTICAL PUNCH TO FACE (1), RIGHT INVERTED HAMMER FIST TO GROIN (2), RIGHT VERTICAL PUNCH TO FACE (3).
- RIGHT ROUNDHOUSE PUNCH:** LEFT OUTWARD BLOCK (4), RIGHT VERTICAL PUNCH TO FACE (5).
- LEFT PUNCH:** RIGHT OUTWARD BLOCK (6), RIGHT PUNCH TO FACE (7), **(TWIST)** (LEFT INTO A REVERSE KENPO) **AND** (RIGHT) **BACK KICK** TO THE GROIN, CROSSOVER AND BACK WITH THE RIGHT FOOT OVER LEFT. (1), STEP BACK WITH LEFT FOOT INTO A SIDE HORSE (2), STEP BACK WITH RIGHT FOOT INTO A HORSE AND STRIKE RIGHT FIST INTO LEFT PALM AT YOUR CENTER (3).
- RIGHT PUNCH:** LEFT OUTWARD BLOCK (1), RIGHT AND LEFT REVERSE PUNCHES TO THE CHEST (2), RIGHT FRONT KICK TO GROIN (3), STEP FORWARD WITH RIGHT FOOT TO A KENPO & RIGHT HIGH CHOP TO THE NECK (4)
- LEFT, RIGHT PUNCH:** SLIDE LEFT FOOT TO RIGHT AND STEP FORWARD WITH RIGHT (1) SLIDE LEFT FOOT TO RIGHT AND STEP FORWARD WITH RIGHT (2), SLIDE LEFT FOOT TO RIGHT AND STEP FORWARD WITH RIGHT (3), (NOTE: LEFT FOOT ON THE MARK) RIGHT OUTWARD BLOCK (1), LEFT OUTWARD BLOCK (2) RIGHT VERTICAL PUNCH TO FACE (3).
- RIGHT CLUB:** SLIDE FORWARD AND BLOCK CLUB WITH LEFT OUTWARD AND GRAB, RIGHT STRIKE TO THROAT (1), RIGHT HAND REACHES BEHIND AND ABOVE OPPONENT'S RIGHT ELBOW & BREAKS ARM BY PUSHING WITH LEFT AND PUSHING WITH RIGHT (2) RIGHT VERTICAL PALM TO FACE (3) COVER BACK WITH RIGHT FOOT TO KENPO (4).
- RIGHT KNIFE:** LEFT DOWNWARD WITHHAND HOOKING TO THE LEFT (1), RIGHT FRONT KICK TO GROIN (2), COVER BACK WITH RIGHT FOOT TO A KENPO (SET).
- RIGHT FRONT KICK :** STEP FORWARD WITH RIGHT FOOT INTO A REVERSE KENPO AND LEFT DOWNWARD BLOCK (1), TWIST LEFT INTO A KENPO AND RIGHT REVERSE PUNCH TO GROIN AND PULL BACK INTO A REVERSE KENPO (AIYA!) HORSE AND STRIKE RIGHT FIST INTO LEFT PALM AT YOUR CENTER. (ATTENTION) RIGHT FOOT TO LEFT, SLAP THIGHS AND STAND STILL.