



SUNSET FAMILY KARATE

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SET ONE

(Start from the Horse Position)

1. Step back with the right foot into a Kenpo & double elbow strike.
2. Step forward with right foot into a Kenpo & right reverse punch.
3. Left & right reverse punch to chest.
4. Step back with right foot into a Kenpo & double elbow strike.
5. Step forward with right foot into a Horse and strike right fist into left palm at your center.
6. Step back with right foot into a Kenpo & double elbow strike.
7. Step back with left foot into a Kenpo & right reverse punch to chest.
8. Left & right reverse punch to chest.
9. Step up with the left foot into a Kenpo & double elbow strike.
10. Step forward with right foot into a Horse and strike right fist into left palm at your center.
11. Step back with left foot into a Kenpo & double elbow strike.
12. Step forward with left foot into a Kenpo & left reverse punch to chest.
13. Right & left reverse punch to chest.
14. Step back with left foot into a Kenpo & double elbow strike.
15. Step forward with left foot into a Horse and strike right fist into left palm at your center.
16. Step back with left foot into a Kenpo & double elbow strike.
17. Step back with right foot into a Kenpo & left reverse punch to chest.
18. Right & left reverse punch to chest.
19. Step forward with right foot into a Kenpo & double elbow strike.
20. Step forward with left foot to a Horse and strike right fist into left palm at your center.