

# Punch Counters

## Set 1 block and counter

1- enter to L forward stance with L brush R outward block, R front snap kick to groin, R raking back knuckle (drop weight to R tiger stance), L check, R back knuckle to temple

2- enter to L forward stance with L brush and R FT punch to solar plexus, adjust to horse with L bottomfist, retreat with bottomfist strike to elbow and chop to neck, front snap kick to solar plexus

3- enter to L forward stance with L brush block and R vertical up punch to solar plexus, compression knee strike, R chop to neck

4-angle in with L forward stance, L brush and R raking bottomfist through ribs, return bottomfist through kidney, leap forward in L tiger stance with R elbow smash through ribs, R stomp through knee to horse stance with R back fist to base of skull

## Set 2 primary targets (two punches)

1- step out to L glass horse with R open handed upward block, 2nd punch – shift hips to R knife hand block with L palm heel to nose, shift R spear to throat, shift L v-hand to eyes, L stomp through knee

2- open partner with L tiger stance L outward block and R leopard's paw to throat, 2nd punch - L palm heel block to grab, L stomp kick through knee and again through high ribs

3- enter with L forward stance, L brush and R bear claw to face, 2nd punch- R knife hand block with L chop to side of neck, L forearm strike to throat with R hook to solar plexus, shuffle in

with R hook to chin, R stomp through knee, R back fist to base of skull

4- open partner with L tiger stance L outward block and R leopard's paw to throat,  
2nd punch- R knife hand block with L chop to side of neck, R step up with R spear hand rake through eyes, L step back to horse with R elbow to solar plexus, L tiger through eyes, R back knuckle to nose, R stomp kick to knee

### **Set 3 take downs**

1- simultaneous L brush block and R bottomfist strike to bicep with front snap kick to groin, take down backwards with sweep, elbow break, L bottomfist strike to floating ribs, R chop to throat

2 - angle in L forward stance w/brush and FT punch to solar plexus, adjust to horse with bottomfist, retreat with bottomfist strike to elbow and chop to neck, front snap kick to solar plexus, throw forward into 3<sup>rd</sup> point

3- L drop stance with L upward block and R vertical punch to groin, R elbow smash with L hand sweeping out knee, R strike through groin, R knee to ribs and R vertical punch to temple

4- L drop stance with L upward block and R vertical punch to groin,  
head butt takedown, step up thrust kick to groin, R knee to ribs and R vertical punch to temple

### **Set 4 joint locks**

1 - off line to L cat with L brush and R palm heel trap, L wrist lock with R bottom fist rake through jaw opening partner for R front snap kick to groin, R bottom fist to bicep, R chop to neck, wrist lock take down, continue turn to elbow break against R knee

**2 -off line with R slip block and L rake through ribs, open partner for kick to groin, land in horse stance w/ R forearm strike to arm bar, lock in arm bar with palm on elbow, R back fist to base of skull, L palm heel to temple or base of skull, L knee to face, L stomp to knee**

**3 - open partner with R tiger stance, L outward block, R hook punch under chin and R bottom fist strike down through bicep, R forearm strike to tricep, shoulder lock take down to pin, release arm L knee strike to face, R vertical punch to temple.**

**4 - (2 punches) L brush and R outward block to close first punch,  
2<sup>nd</sup> punch open partner with R knife hand block and simultaneous L vertical punch to nose, L RH kick to groin, circle under arm with L elbow smash, R elbow strike to ribs, step through to arm bar in horse, wrist lock.**