



MODULE 3 - Home Training 1

Fighting Form - Combinations

Hop Front Kick
Front Leg Round Kick (Apbahl)
Back Fist

Begin in a **Sparring Stance**. Your hands can be down since you are beginning an attack with a **HOP FRONT KICK**. (this shows that you are not in striking distance of your opponent yet). As soon as your foot touches the ground, it 'bounces' off the ground and you do a **Front Leg Round Kick (aka - "Apbahl")** You would most likely kick to the face since your opponent probably tried to block your first hop kick to the body. Land with a front hand **Back Fist**.

"Lunging" **Backfist** with front hand
Reverse Punch
Back Leg Inner Axe Kick (to Head)

Begin in a **Sparring Stance**. Lift your front leg up and LUNGE off of your back foot forward while doing a **Back Fist** with your Left Hand, as you land - continue your combination with a reverse punch. followed by an **Inner Axe Kick** with your Right foot.
In this example, your opponent continues to back away from your attack - - this is why you are able to throw your back leg axe kick. If your opponent stayed close, you would use hand techniques.

Fundamental Form - Segment 1

Hop Front Kick
Front Leg Round Kick (Apbahl)
Back Fist

Module 3 Fundamental Form incorporates people attacking you from a different position. Before you begin, you will turn your head over your right shoulder to see an attacker at your 5 o'clock (SouthEast). Step to a Left Sparring Stance to the SE and **Hop Front Kick** with your left foot. As your foot lands forward, pick it up and do an Apbahl with the same foot. Land in a Back Stance (feet make a large "L" on the ground) and strike with a **Back Fist** to the temple.

Reverse Punch
Inner Axe Kick

After you land your back fist, you are going to step your front foot over (to teach your hips how to 'open') into a Left Front Stance and do a **Right Reverse Punch**.

The last move of this combination is bringing your back leg (your Right leg in this example) UP like a stretch kick to the outside of your body and IN for a back leg **Inner Axe Kick**. (It is called an Inner Axe because you are actually striking with the inside part of your foot)



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MODULE 3 - Home Training 2

Fighting Form Combinations

DIRECTION CHALLENGE

- Hop Front Kick
- Front Leg Round Kick (Apbahl)
- Back Fist

See if you can do the first three moves at all FOUR Compass points. N, W, E, and S.

Then, see if you can do these at the compass corners.

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- Back Fist
- Rev. Punch
- Hook Punch
- Front Leg Round Kick (Apbahl)
- Rev. Side Kick

Module 3 begins your training on "recognizing your opponents distance." If you are sparring with someone - - - and you 'close the gap' with a kick (a hop front kick in this case), you need to recognize when your partner is close enough to punch / or far enough to kick. After you enter with a hop kick to the stomach, your second kick (round kick) you assess where your opponent is in relation to you. If they are close to you, you will use your back fist / punch / hook punch / front leg round kick / reverse side kick.

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Fundamental Form - Segment 2

- Upset Knife Hand Strike (to Brachial Plexus)
- Knee Strike
- Knee Strike
- Elbow Strike
- Spinning Back Fist

This segment begins with someone throwing a hook punch at you. This means your hands were not up - and you were caught by surprise. You will block the hook punch with your left hand, while your right hand strikes their brachial plexus origin with an **Upset Knife Hand Strike** in a front

stance. You then grab behind your opponents head ('make hamburgers' with your hands) and do a **Knee Strike** to the stomach, followed by another **Knee Strike** to the face. The reason you have 2 knee strikes in a row is that the first knee strike (against a strong opponent) would only be enough to "set up" the next knee strike. After 2 knee strikes, you will do an **Elbow Strike** at a downward angle to your opponents face. Follow this up with a **Spinning Back Fist** to the temple.

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