

DOJOS OF THE RISEN SON – FLOWING DEFENSE

SEGMENT	ATTACKER	DEFENDER
1. GAMMA X	(right hand) Knife hand strike (high)	(right hand) Knife hand strike (high)
	(left hand) Reverse knife hand strike (low)	(left hand) Reverse knife hand strike (low)
	(right hand) Reverse knife hand strike (high)	(right hand) Reverse knife hand strike (high)
	(left hand) Knife hand strike (high)	(left hand) Knife hand strike (high)
	(right hand) Reverse knife hand strike (low)	(right hand) Reverse knife hand strike (low)
	(left hand) Reverse knife hand strike (high)	(left hand) Reverse knife hand strike (high)
2. BLOCKING EXERCISE	(right hand) Hammer fist	(left hand) Rising block
	(right hand) Down block	(right hand) Down block
	(right hand) Hammer fist	X-block high
	(left hand) Spinning back fist	(left hand) Outer forearm block
	(right hand) Middle front punch	(right hand) Inner forearm block
3. KICKING EXERCISE	(right foot) Front snap kick	(right hand) Down block
	(right foot) Inside crescent kick	(right hand, right leg) Crane block
	(left foot) Inside crescent kick	(left hand, left leg) Crane block
	(right foot) Front snap kick	(right hand) Down block
	(left foot) Side kick	(left hand) Down block
	(right foot) Spinning heel kick	(right hand, right leg) Crane block
	(left foot) Roundhouse kick	(right hand, right leg) Crane block
	(right foot) Roundhouse kick	(left hand, left leg) Crane block
	(left foot) Spinning back kick	(right hand) Down block
	(right hand) Punch to the head	(left hand) Rising block
	(left hand) Punch to the head	(right hand) Rising block
	(right hand) Middle front punch	(left hand) Down block
4. DEFENSE TECHNIQUE #20	(defense) Head dodge to the right	(attack) (right hand) Punch to the head
	X-block low	(left hand) Uppercut (low)
	(left hand) Outer forearm block	(right hand) Hook
	(right hand) Low palm heel to the knee	Blam
	(right hand) Elbow strike to the head	Ooooff
	(left hand) Palm heel strike to head	Kaaaappooww