

FACE CONTACTS

All Face Contact actions start from Right leg back sparring stance, unless noted otherwise in the beginning of the notes. Use the spaces to fill in the information and complete the guide. Your own notes and practice can be highly beneficial for completing this section of the material.

1. Right knife-hand cut to opponent's guard, Left jab to Face, Right Circulating kick to Head, Turn Left Back-fist to head, Right high roundhouse kick
2. Right knife-hand cut to opponent's guard, Left jab to Face, Right Circulating kick to Head, Turn Left TOUCH Back fist to head, Turn Right side-kick to stomach.
3. **Attacker:** Left low hook punch, Left high hook punch, Right straight punch, Left straight punch.
Defender: Right low block, Right middle block, Left Out-to-In Block (Sweeping), Left In-to-Out block (Sweeping), Right punch to Rib, Right Backspin kick, turn Right side-kick.
4. **Attacker:** Left high Hook punch
Defender: Right Elbow up block (#2 Block), Left Punch to face, Right high Roundhouse kick
5. Right Front Kick, Left high punch, Right low punch, Right jump Knife-foot kick
6. **Attacker:** Right front kick
Defender: Switch feet, Right palm block, Left Punch to face, Step with Left, Turn Right back-fist to Head, Step with Left, Turn Right side-kick to ribs.
7. **Attacker:** Right high roundhouse
Defender: Switch Feet, Right forearm block, Left low punch, Right high punch, Step with Left foot, turn Right back-fist to head, spinning opposite direction, Power Left back-fist to Head
8. **Attacker:** Right front kick, Left punch
Defender: Slide slightly to Right, push their kick with Left hand to Left side (#7 Block), push their punch with Right hand to Left side (#4 Block), Left Punch to ribs, turn Right Punch to head, Right foot step, 360 Right roundhouse kick.
9. **Starting VERY close to opponent:** Left cut to their guard, Right Tiger paw strike to jaw, Left upper-cut to chin, spinning Right Back fist to head.
10. **Attacker:** Turn Right side-kick
Defender: Slide slightly to Left, Right hammer-fist block to kick, Right In-to-Out Ax kick to head, Left downward Punch to the back of their head.