



BKMAS Speed Drill Training

BKMAS Speed Drill 1

1. Step forward left leg, left hand low block
2. Step forward right leg, right hand centre punch
3. Front kick left leg, stepping forward, and left hand low block
4. Turn 180, right leg forward, right hand low block
5. Step forward, left leg, left hand centre punch
6. Front kick, right leg, stepping forward, and right hand low block
7. Turn 180 left leg forward, left hand low block
8. Repeat from no. 2

BKMAS Speed Drill 2

1. Step forward left leg, left hand high block
2. Step forward right leg, right hand high punch
3. Roundhouse kick left leg, stepping forward, and left hand high block
4. Turn 180, right leg forward, right hand high block
5. Step forward, left leg, left hand high punch
6. Roundhouse kick, right leg, stepping forward, and right hand high block
7. Turn 180 left leg forward, left hand high block
8. Repeat from no. 2

BKMAS Speed Drill 3

1. Step forward left leg, left hand inside to outside centre block
2. Step forward right leg, right hand back fist
3. Side kick left leg, stepping forward, and left hand inside to outside centre block
4. Turn 180, right leg forward, right hand inside to outside centre block
5. Step forward, left leg, left hand back fist
6. Side kick, right leg, stepping forward, and right hand inside to outside centre block
7. Turn 180 left leg forward, left hand inside to outside centre block
8. Repeat from no. 2

BKMAS Speed Drill 4

1. Step forward left leg, left hand outside to inside centre block
2. Step forward right leg, right hand hammer fist
3. Hook kick left leg, stepping forward, and left hand outside to inside centre block
4. Turn 180, right leg forward, right hand outside to inside centre block
5. Step forward, left leg, left hand hammer fist
6. Hook kick, right leg, stepping forward, and right hand outside to inside centre block
7. Turn 180 left leg forward, left hand outside to inside centre block
8. Repeat from no. 2

BKMAS Speed Drill 5

1. Step forward left leg, left hand centre chop
2. Step forward right leg, right hand knife hand strike
3. Step forward, left leg, left hand spear hand followed by left hand centre chop
4. Turn 180, right leg forward, centre chop
5. Step forward, left leg, left hand knife hand strike
6. Step forward right leg, right hand knife hand strike followed by right hand centre chop
7. Turn 180 left leg forward, left hand centre chop
8. Repeat from no. 2

BKMAS Speed Drill 6

1. Step forward left leg, left hand low chop
2. Step forward right leg, right hand ridge hand strike
3. Step forward, left leg, left hand centre palm strike followed by right hand reverse palm strike
4. Turn 180, right leg forward, low chop
5. Step forward, left leg, left hand ridge hand strike
6. Step forward right leg, right hand centre palm strike followed by right hand reverse palm strike
7. Turn 180 left leg forward, left hand low chop
8. Repeat from no. 2