



## Drill Sequences

### Drill Sequence 1

Choon Be

- Left leg forward, long stance
- Low block
- Reverse high block
- Inside to outside block
- Reverse outside to inside block
- Centre punch

Choon Be

- Right leg forward, long stance
- Low block
- Reverse high block
- Inside to outside block
- Reverse outside to inside block
- Centre punch

Choon Be



## Drill Sequences

### Drill Sequence 2

Choon Be

- Left leg forward, long stance
- Reinforced block
- Reverse spear hand
- Left leg forward, fighting stance
- Centre chop
- Low chop
- Left leg, side stance
- Back fist
- Low block

Choon Be

- Right leg forward, long stance
- Reinforced block
- Reverse spear hand
- Right leg forward, fighting stance
- Centre chop
- Low chop
- Right leg, side stance
- Back fist
- Low block

Choon Be



## Drill Sequences

### Drill Sequence 3

Choon Be

- Left leg forward, long stance
- X block low
- X block high
- Centre chop
- Reverse centre punch
- Left leg forward, fighting stance
- Centre chop
- Reverse centre punch
- Turning back fist (left hand)

Choon Be

- Right leg forward, long stance
- X block low
- X block high
- Centre chop
- Reverse centre punch
- Right leg forward, fighting stance
- Centre chop
- Reverse centre punch
- Turning back fist (right hand)

Choon Be