

WHITE CHART

NO.	ATTACKER	OPPONENT	COMMENT
1.	1. Left backhand to Opponent's left temple	Does not block strike	
2.	1. Left backhand to Opponent's left temple 2. Right reverse punch to left rib (slide left foot forward with strike)	Left upper block	High attack followed by a low alternate strike or left-right combination
3.	1. Left backhand to Opponent's left temple; 2. Right reverse punch to left rib; 3. Left vertical fist to Opponent's head.	1. Left upper block; 2. Left downward block	When attacker does reverse punch, instead of traditional left elbow pull back; Attacker keeps left hand near left cheek (like a boxer); this allows for quick delivery of the left vertical fist.
4.	1. Left backhand to Opponent's left temple; 2. Right arch stamp kick to shin or knee	1. Blocks or moves back	
5.	1. Left backhand to Opponent's left temple; 2. Shuffle forward left front kick to Opponent's lower abdomen or chest	1. Left block or moves back	The shuffle kick is used to close the gap between attacker and opponent
6.	1. Right (clockwise) turn initiating quick spinning right backhand; 2. Right back kick (if right hand is blocked or is scoreless)	1. Blocks, spinning back hand	This is a continuing attack, i.e. backhand strike followed by back kick, or blocked backhand followed by kick
7.	1. Spinning right back kick; 2. Right back hand		This is a continuing attack; this type of attack is designed to train the student to use than one strike.
8.	1. Right wheel kick; 2. Left traditional roundhouse kick (ball of foot).	1. Ducks under or moves away.	Wheel kick is directed to head, opponent ducks under or moves away and is hit by second kick.
9.	1. Right traditional roundhouse kick; 2. Left back kick	1. Ducks under or moves away	
10.	1. Fake right spinning back kick; 2. Follow-up with left roundhouse kick.		