

Basic Form #3



1. Set and bow



2. Ready stance



3. Step left knife-hand block



4. Step right knife-hand block



5. Turn left knife-hand block



6. Don't move your feet, palm strike with right hand.



7. Right foot steps up, right knife-hand block



8. Don't move your feet, left elbow strike



9. Turn left knife-hand block



10. Don't move your feet, right punch and kiai



11. Step back with left leg, ready stance



12. Return to set.