

Red Belt Techniques



Reverse Knifehand High Block / Outside Knifehand Strike
Start with the right knife hand palm up and chambered behind the head and the left knifehand reaching out palm up in front of you. Bring your left hand in as though knife hand striking yourself in the right shoulder and then lift it in front of your face and over your head like a high block. Simultaneously bring your right hand around for an outside knife hand strike. Finish with the palms facing one another off the upper left corner of your head.



Reverse Spearhand Low
Start with your right hand palm down in a spear hand on your right hip and your left fist reaching out palm down in front of you. Pull the left fist into your right shoulder while striking out to the groin with the right spear hand, twisting the palm up at the end.



Right Backfist Over Left Fist
Start with your left hand in a fist reaching out palm up in front of you and your right fist palm forward beside your head. Parry downward with the left fist in a curving motion finishing level just below the shoulders. Bring the right hand around and strike downward with the back of the knuckles at nose height while resting the right elbow in the left wrist.

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