

Ages 4-5

22 Essentials

F P- P BLOCKS

- Upward block
- Inward block
- Extended outward block
- Downward block
- Upward parry
- Inward parry
- Outward parry

F P- P STRIKES

- Straight punch
- Vertical punch
- Backfist
- Inward hammerfist
- Outward hammerfist
- Downward hammerfist

F P- P STANCES

- Horsestance
- Meditating horsestance
- Neutral bow
- Cat stance

F P- P KICKS

- Front kick
- Roundhouse kick
- Back kick
- Chicken kick
- Rear knee



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