

Punch Set (AKA Strike Set 1)

Theme: The purpose of this set is to teach that if a punch is blocked, it can orbit around in a variety of ways and still result in an effective strike against your opponent. These are mid-range techniques.

Facing 12:00: Meditating horse stance (Scholar and the Warrior)

1. Right punch, followed by an **outward back knuckle**. 12:00
2. Repeat on the left. 12:00
3. Right punch, followed by a **forward hammer fist** to the front. 12:00
4. Repeat on the left. 12:00
5. Right punch, followed by a right **inward hooking back knuckle** strike. 12:00
6. Repeat on the left. 12:00
7. Right punch, followed by an **inward hammer fist strike palm up**. 12:00
8. Repeat on the left. 12:00
9. Right vertical punch, followed by an **outward back knuckle** 3:00
10. Repeat on the left. 9:00
11. Right vertical punch, followed by a **forward hammer fist**. 3:00
12. Repeat on the left. 9:00
13. Right vertical punch, followed by a right **hooking back knuckle** strike. 3:00
14. Repeat on the left. 9:00
15. Right vertical punch, followed by an **inward hammer fist strike palm up**. 3:00
16. Repeat on the left. 9:00
17. Double straight punch. 12:00
18. Double backfist. 12:00
19. **Double forward hammer fist**. 12:00
20. Double hooking back knuckles. 12:00
21. Double inward hammer fist strike palm up. 12:00

Meditating Horse Stance

Courtesy bow