

Strike Set (AKA Strike Set 2)

Theme: Keep in mind the concept of “point of origin”. The majority of this set focuses on elbow strikes. These are close range techniques.

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

1. Right Upward Elbow
2. Right Downward Elbow
3. Right Inward Elbow
4. Right Outward Elbow
5. Left Upward Elbow
6. Left Downward Elbow
7. Left Inward Elbow
8. Left Outward Elbow
9. Right foot steps to 1:30 into a right Neutral Bow while doing a right Inward Downward Elbow.
10. Left foot steps to 10:30 into a left Neutral Bow while doing a left Inward Downward Elbow.
11. Left foot steps back to 7:30 into a right Neutral Bow while doing a right Overhead Downward Elbow
12. Right Upward Elbow
13. Right Inward Downward Elbow
14. Right foot steps back to 4:30 into a left Neutral Bow while doing a left Overhead Downward Elbow
15. Left Upward Elbow
16. Left Inward Downward Elbow
17. In a figure 8 pattern; Right Inward Downward Elbow
18. Right Outward Downward Elbow.
19. In a figure 8 pattern; Left Inward Downward Elbow
20. Left Outward Downward Elbow.
21. Right Inward Elbow
22. Right Outward Elbow
23. Left Inward Elbow
24. Left Outward Elbow
25. Right Upward Elbow to 10:30 (in-place, no pivot)
26. Left Upward Elbow to 1:30 (in-place, no pivot)
27. While turning into a left Forward bow facing 10:30, do a right 2 finger eye poke to 10:30
28. Right Upward Elbow
29. Right Downward Elbow.
30. While turning into a right Forward bow facing 1:30, do a left 2 finger eye poke to 1:30.
31. Left Upward Elbow
32. Left Downward Elbow
33. Double Upward elbows
34. Double Downward Elbows
35. Double Inward Elbows
36. Double Outward Elbows
Rotate into a meditating horse stance
Courtesy Bow