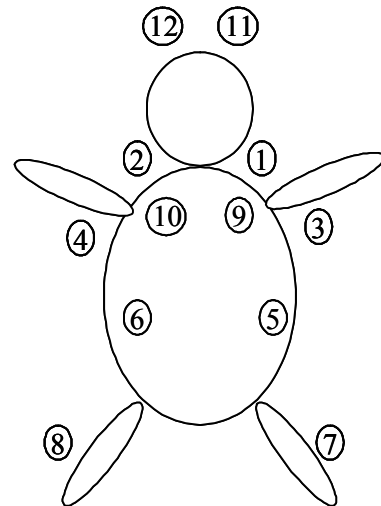




## **STICK ANGLES**

### *SWITCH STANCE WITH EACH STRIKE*

- #1 DIAGONAL DOWNWARD FOREHAND
- #2 DIAGONAL DOWNWARD BACKHAND
- #3 HORIZONTAL FOREHAND
- #4 HORIZONTAL BACKHAND
- #5 FOREHAND STAB TO MID-SECTION
- #6 BACKHAND STAB TO MID-SECTION
- #7 LOW FOREHAND TO LEGS
- #8 LOW BACKHAND TO LEGS
- #9 FOREHAND STAB TO CHEST
- #10 BACKHAND STAB TO CHEST
- #11 DOWNWARDS VERTICAL FOREHAND TO HEAD
- #12 DOWNWARDS VERTICAL BACKHAND TO HEAD



## **SINGLE STICK DRILLS**

### **4 COUNT**

- #1
- #2
- #7
- #8

### **6 COUNT**

- #1
- #2
- #7
- #2
- #1
- #8

### **8 COUNT**

- #1
- #2
- #7
- #2
- #1
- #2
- #7
- #2

### **5 COUNTS**

- 1) #1
- #2
- #1
- #8 WITIK
- #2

- 2) UPWARDS FOREHAND
- UPWARDS BACKHAND
- UPWARDS FOREHAND
- #8 WITIK
- #2

- 3) HIGH OUTSIDE ABANICO
- HIGH INSIDE ABANICO
- HIGH OUTSIDE ABANICO
- #8 WITIK
- #2

- 4) LOW OUTSIDE ABANICO
- LOW INSIDE ABANICO
- LOW OUTSIDE ABANICO
- #8 WITIK
- #2

- 5) #2
- #1
- #2
- #7 WITIK
- #1

- 6) UPWARDS BACKHAND
- UPWARDS FOREHAND
- UPWARDS BACKHAND
- #7 WITIK
- #1

- 7) HIGH INSIDE ABANICO
- HIGH OUTSIDE ABANICO
- HIGH INSIDE ABANICO
- #7 WITIK
- #1

- 8) LOW INSIDE ABANICO
- LOW OUTSIDE ABANICO
- LOW INSIDE ABANICO
- #7 WITIK
- #1

## **5 COUNT LIVE HAND DRILL**

- 1) #1
- 2) #8
- 3) #3 LIVE HAND SLAP
- 4) #7 WITIK
- 5) #4 LIVE HAND SLAP OR R OBLIQUE KICK (SOLES OF FEET CONNECT)