



4 COUNTS

- 1) L KICK, CROSS, HOOK, R KICK
- 2) L KICK, CROSS, HOOK, L KICK
- 3) L KICK, CROSS, HOOK, R ELBOW
- 4) L KICK, CROSS, HOOK, R KNEE
- 5) L KICK, CROSS, HOOK, CROSS

- 6) R KICK, HOOK, CROSS, L KICK
- 7) R KICK, HOOK, CROSS, R KICK
- 8) R KICK, HOOK, CROSS, L ELBOW
- 9) R KICK, HOOK, CROSS, L KNEE
- 10) R KICK, HOOK, CROSS, HOOK

- 11) JAB, CROSS, L KICK, R KICK
- 12) JAB, CROSS, L KICK, L KICK
- 13) JAB, CROSS, R KICK, L KICK
- 14) JAB, CROSS, R KICK, R KICK

- 15) JAB, CROSS, R ELBOW, R KNEE
- 16) JAB, CROSS, R ELBOW, L KNEE
- 17) JAB, CROSS, L ELBOW, L KNEE
- 18) JAB, CROSS, L ELBOW, R KNEE

7A COUNT

R TO L TO R
R KICK
HOOK
CROSS
L KICK
CROSS
HOOK
R KICK

7B COUNT

L TO R TO L
L KICK
CROSS
HOOK
R KICK
HOOK
CROSS
L KICK

14A COUNT

[CROSS] PARRY
[HOOK] COVER
L ELBOW
R ELBOW
R KNEE
L KICK
CROSS
HOOK
R KNEE
R KICK
[CROSS] EVADE LEFT
HOOK
CROSS
R KICK

14B COUNT

[CROSS] PARRY
[HOOK] COVER
L ELBOW
R ELBOW
R KNEE
R KICK
L KICK
CROSS
HOOK
R KICK
[CROSS] EVADE LEFT
HOOK
CROSS
R KICK