

- Number 1

- Cover, cover, duck, duck, lean back (all with reverse punches)

- Number 2

- Body covers (kidneys/ribs) with reverse and hook punches
- Parry, parry, jab out

- Number 3

- Cover, right punch, cover, hook punch... (with ducks and slips)

- Number 4

- Skip in roundhouse kick x3 (cover groin/ribs/head) with reverse punches
- Back leg roundhouse kick x3 (cover knee/ribs/head) with reverse punches

- Number 5

- **Attacker:** Front kick, leg behind
- **Defender:** Move right, counter front kick, 3 punches, slide back, move across

- Number 6

- **Attacker:** Skip in front kick, skip back
- **Defender:** Move left, side kick (body), reverse punch, front punch, slide back, move across

- Number 7

- **Attacker:** Front punch, reverse punch, cover ribs, left hook
- **Defender:** Check the jab, side-slip punch, reverse punch (body), duck, reverse punch, front punch

- Number 8

- **Attacker:** Front kick, leg behind
- **Defender:** Side slip cover, 3 punches, slide back, move across

- Number 9

- **Attacker:** Front kick, leg behind
- **Defender:** Step back-fist (left hand), step reverse punch, front punch, slide back, move across

- Number 10

- **Attacker:** Front kick, leg behind
- **Defender:** Side-slip punch, Spinning backfist, reverse punch, front punch, slide back, move across

- Number 11

- **Attacker:** Roundhouse kick (backleg)
- **Defender:** Move right, sweep their standing foot

- Number 12

- **Attacker:** Skip Roundhouse kick
- **Defender:** Move left, hook kick (back leg), reverse punch, front punch, slide back, move across

- Number 13

- **Attacker:** Front kick (back leg)
- **Defender:** Catch the front kick and sweep the standing leg

- Number 14

- **Attacker:** Roundhouse kick (leg in front), spinning hook kick
- **Defender:** Slide back, catch the spinning hook kick and sweep the standing leg