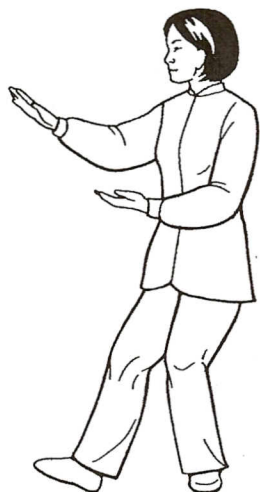


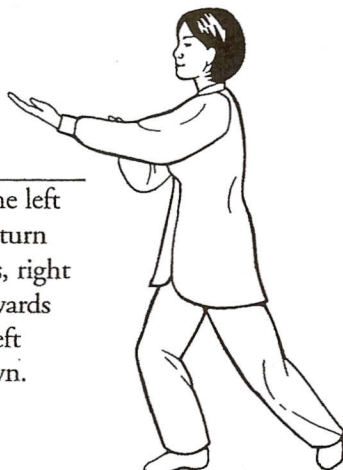
THE ADVANCED MOVEMENTS

All positions represented as mirror image.

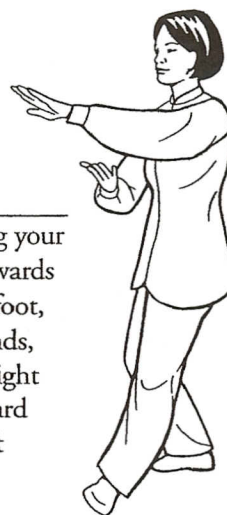
8. Parry and Punch



a.
Placing the left foot out, turn the palms, right palm upwards and the left palm down.



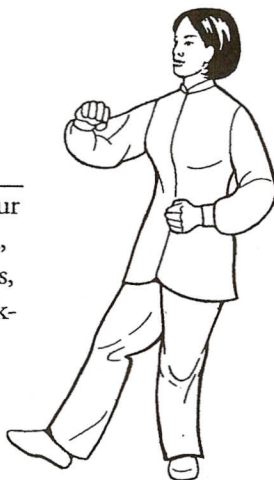
b.
Transferring your weight forwards to the left foot, change hands, bring the right hand forward and the left hand back.



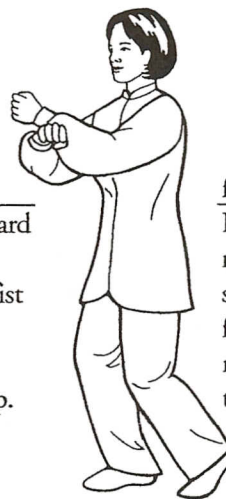
c.
Stepping forward with the right foot, turn the palms over, right down, and left up.



d.
Transferring your weight forward, move the hands, right hand backwards, and left hand forwards.



e.
Stepping forward with the left foot, make a fist and bring the right hand toward the hip.



f.
Bringing the right foot in slightly, punch forward with the right fist over the left wrist.