

COMBINATION #4

Defense against: **Straight punch to face.**

Combination 4 is a circular technique. Remember to let your hips turn as you twist for each powerful movement. As you advance in the Martial Arts, you will learn how to mix linear movements with circular movements.

Start in Horse Stance with hands on guard. As opponent attacks, step back with right leg and execute #5 Knife-Hand Block. Clear opponent's arm clockwise and throw to the left. Deliver Right Outward Tiger's Rake across face. Finish with Right Roundhouse Instep Kick to face, then cross and on guard.

