

OVERHEAD CLUB #3

Start in Horse Stance with hands on guard. As opponent attacks, step-glide forward with left foot and execute #6 Block and simultaneous Right Thrust Punch to liver. Grab the wrist and half moon behind opponent into Horse Stance facing 9:00. Deliver Left Hook Kick to solar plexus. Execute Right Roundhouse Elbow to chest and sweep opponent's right leg with a Right Leg Hock. Front Ball Kick to ribs.

