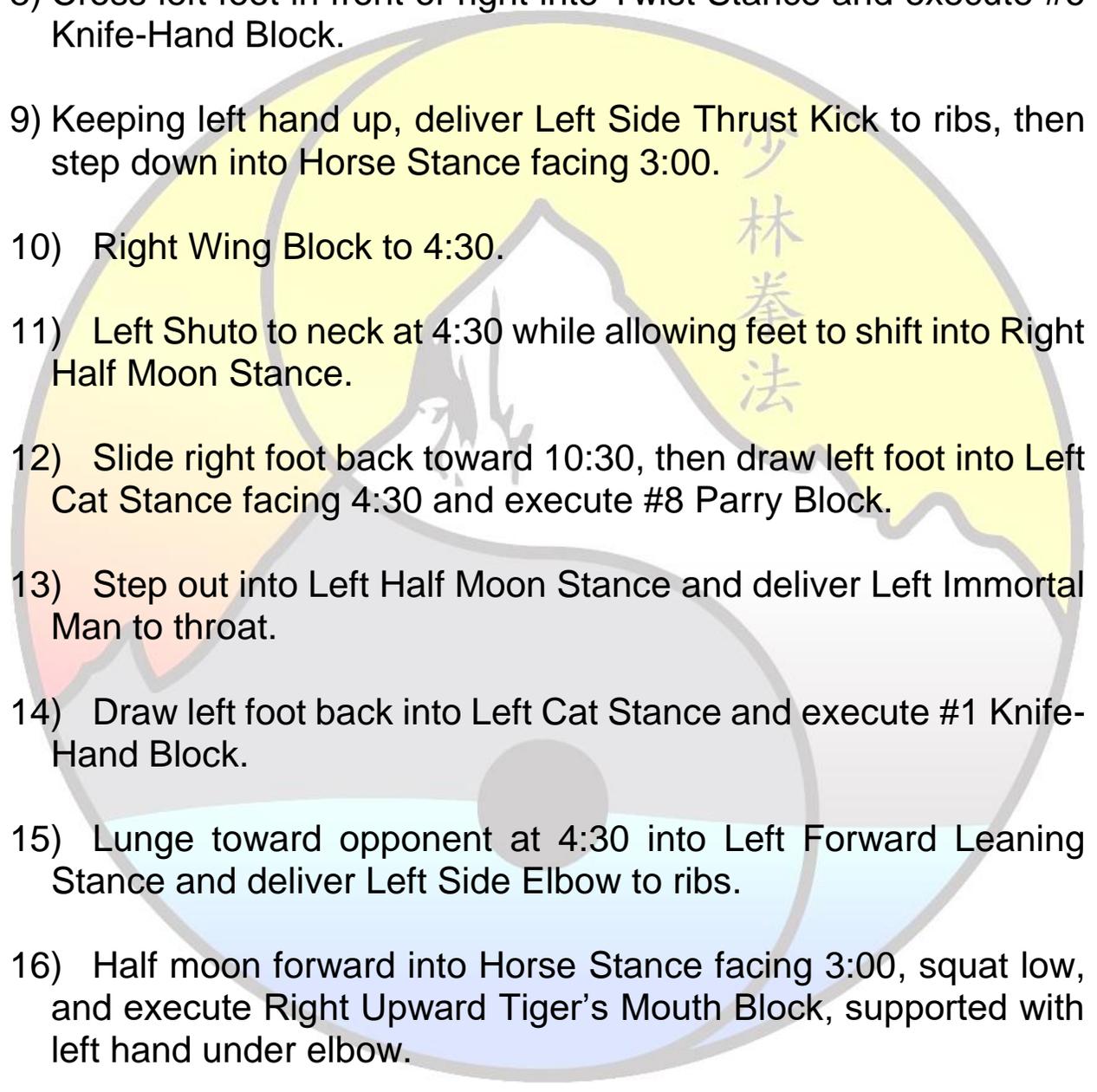
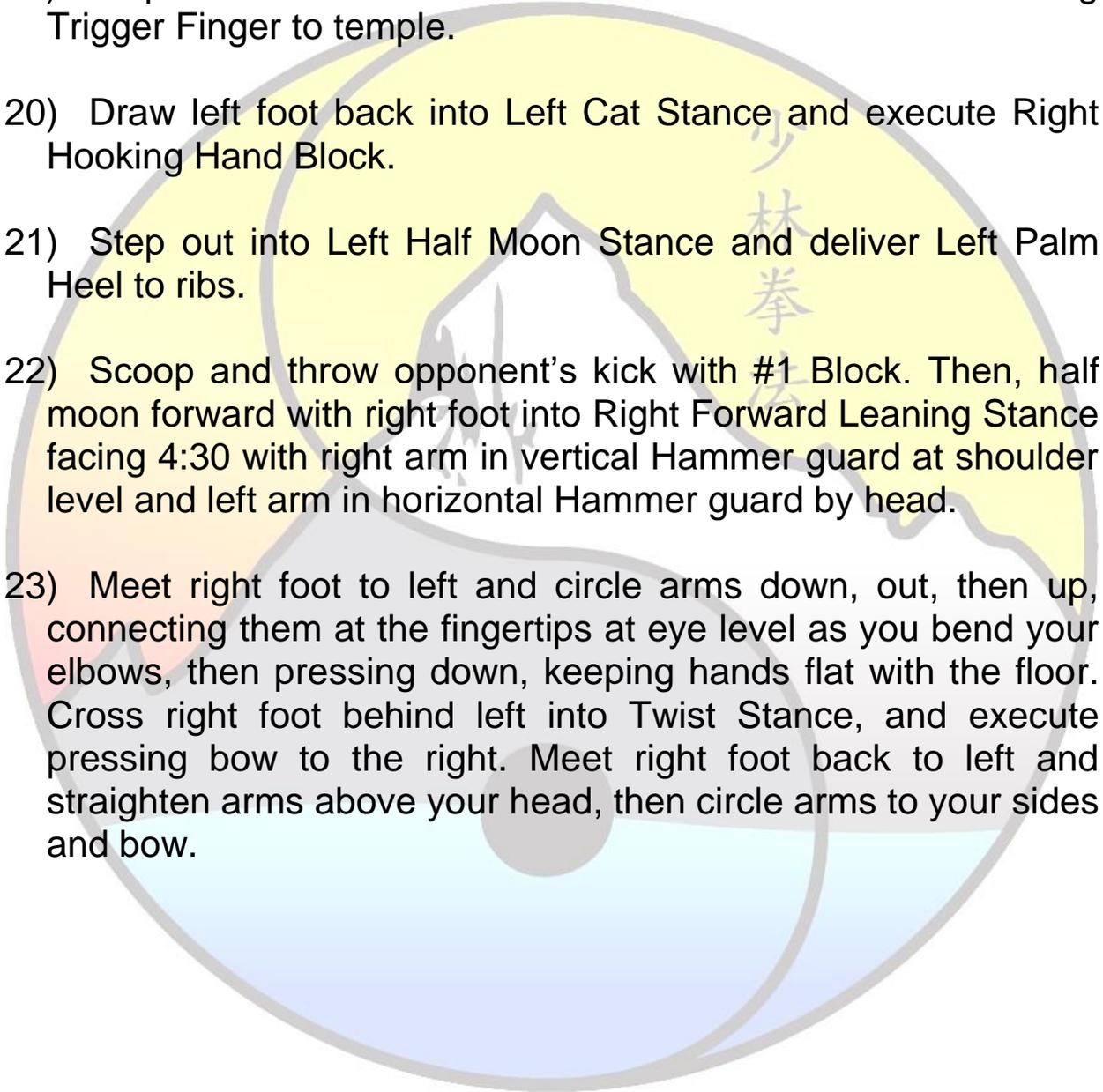


TWO MAN FIST SET: SOUTH

Be sure to practice Two Man Fist Set with partners of all different sizes, as it will significantly increase your gauging and timing. If you have trouble remembering one of these forms, it may be easiest just to check with your Sensei for the correct application. South Side starts to the right of, and slightly behind North Side.

- 1) Start with feet together, hands by your sides. Bow. Cross left foot behind right into Twist Stance, and execute pressing bow to the left. Meet left foot back to right and circle arms down, out, then up, connecting them at the fingertips at eye level as you bend your elbows, then press palms down, keeping hands flat with the floor.
- 2) Step back with left foot into Right Half Moon Stance facing 10:30 and execute #1 Backhand Block.
- 3) Deliver Left Front Two Knuckle Punch to face.
- 4) Execute exaggerated #5 Knife-Hand Block, scooping and throwing opponent's attacking arm overhead toward 3:00 and cross right foot in front of left into Twist Stance.
- 5) Step out with left foot into Right Side Horse Stance, looking toward 3:00, and deliver Right Backfist to temple.
- 6) Draw right foot back into Right Cat Stance facing 3:00 and execute #2 Knife-Hand Block.

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- 7) Right Front Ball Kick to solar plexus, then spin counterclockwise into Left Side Horse Stance looking toward 3:00, with fists on guard.
 - 8) Cross left foot in front of right into Twist Stance and execute #6 Knife-Hand Block.
 - 9) Keeping left hand up, deliver Left Side Thrust Kick to ribs, then step down into Horse Stance facing 3:00.
 - 10) Right Wing Block to 4:30.
 - 11) Left Shuto to neck at 4:30 while allowing feet to shift into Right Half Moon Stance.
 - 12) Slide right foot back toward 10:30, then draw left foot into Left Cat Stance facing 4:30 and execute #8 Parry Block.
 - 13) Step out into Left Half Moon Stance and deliver Left Immortal Man to throat.
 - 14) Draw left foot back into Left Cat Stance and execute #1 Knife-Hand Block.
 - 15) Lunge toward opponent at 4:30 into Left Forward Leaning Stance and deliver Left Side Elbow to ribs.
 - 16) Half moon forward into Horse Stance facing 3:00, squat low, and execute Right Upward Tiger's Mouth Block, supported with left hand under elbow.
 - 17) Left Cross Shuto to body.

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- 18) Step back with right foot then draw left foot into Left Cat Stance facing 3:00 and execute Left Downward Trigger Finger as a block.
 - 19) Step out into Left Half Moon Stance and deliver Left Hooking Trigger Finger to temple.
 - 20) Draw left foot back into Left Cat Stance and execute Right Hooking Hand Block.
 - 21) Step out into Left Half Moon Stance and deliver Left Palm Heel to ribs.
 - 22) Scoop and throw opponent's kick with #1 Block. Then, half moon forward with right foot into Right Forward Leaning Stance facing 4:30 with right arm in vertical Hammer guard at shoulder level and left arm in horizontal Hammer guard by head.
 - 23) Meet right foot to left and circle arms down, out, then up, connecting them at the fingertips at eye level as you bend your elbows, then pressing down, keeping hands flat with the floor. Cross right foot behind left into Twist Stance, and execute pressing bow to the right. Meet right foot back to left and straighten arms above your head, then circle arms to your sides and bow.