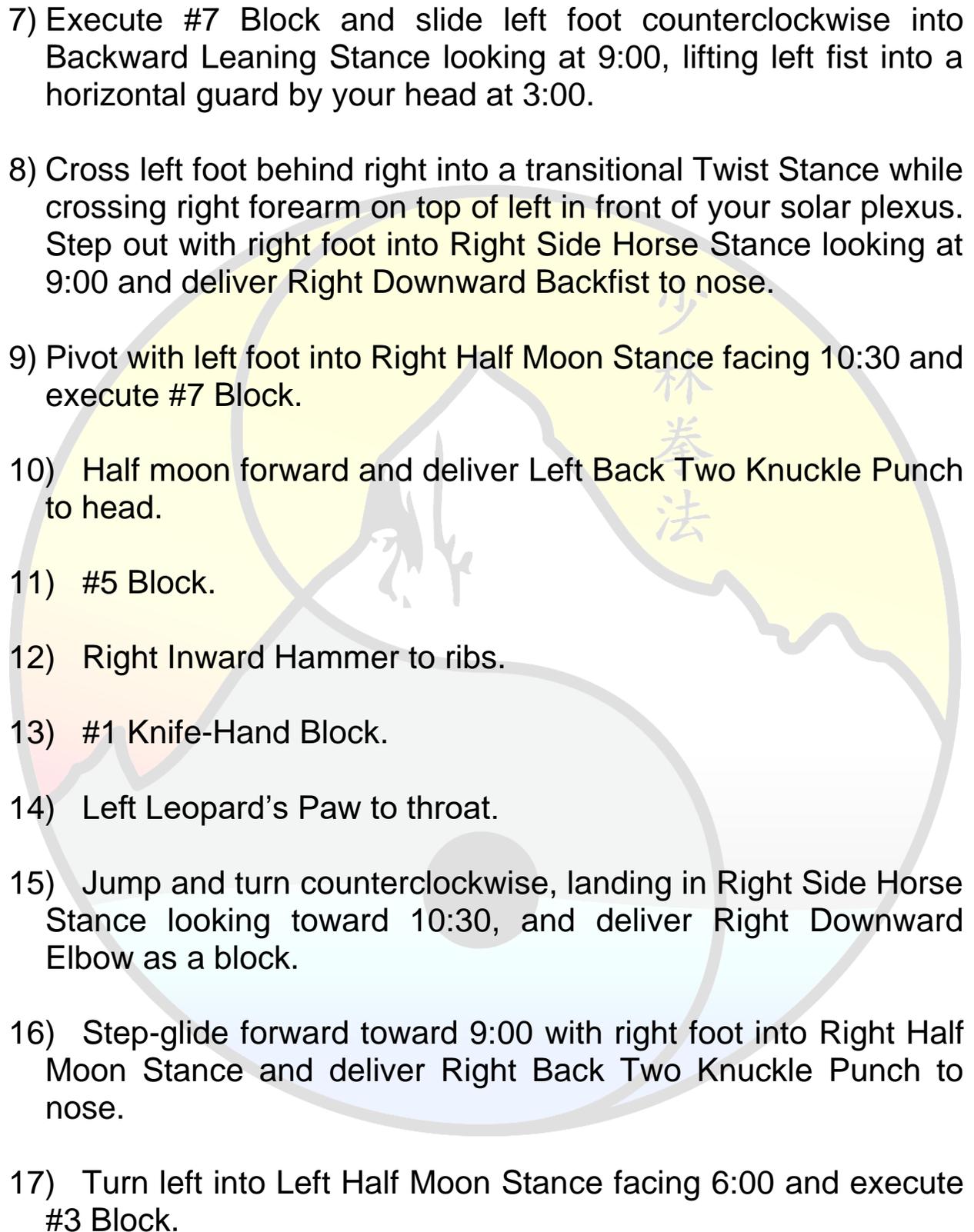


# TWO MAN FIST SET: NORTH

*Two Man Fist Set is a choreographed fight sequence, which helps both partners to train targeting and distance. When practiced with a partner, this form will force you to adjust throughout the fight to make it work, which is a valuable Black Belt skill. North Side starts to the left of, and slightly in front of South Side.*

- 1) Start with feet together, hands by your sides. Bow. Cross right foot behind left into Twist Stance, and execute pressing bow to the right. Meet right foot back to left 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) Look to the right while crossing arms in front of you, right fist by your left shoulder over left open hand guarding ribs. Step out with right foot into Right Side Horse Stance looking at 3:00 and deliver Right Backfist to temple.
- 3) Slide left foot clockwise into Right Half Moon Stance facing 3:00 and execute #1 Knife-Hand Block.
- 4) Right Shuto to neck.
- 5) Moving only your left foot, pivot 180 degrees clockwise into Right Half Moon Stance facing 9:00 and execute #1 Block.
- 6) Step-glide forward with Right Back Two Knuckle Punch to face.

- 
- 7) Execute #7 Block and slide left foot counterclockwise into Backward Leaning Stance looking at 9:00, lifting left fist into a horizontal guard by your head at 3:00.
  - 8) Cross left foot behind right into a transitional Twist Stance while crossing right forearm on top of left in front of your solar plexus. Step out with right foot into Right Side Horse Stance looking at 9:00 and deliver Right Downward Backfist to nose.
  - 9) Pivot with left foot into Right Half Moon Stance facing 10:30 and execute #7 Block.
  - 10) Half moon forward and deliver Left Back Two Knuckle Punch to head.
  - 11) #5 Block.
  - 12) Right Inward Hammer to ribs.
  - 13) #1 Knife-Hand Block.
  - 14) Left Leopard's Paw to throat.
  - 15) Jump and turn counterclockwise, landing in Right Side Horse Stance looking toward 10:30, and deliver Right Downward Elbow as a block.
  - 16) Step-glide forward toward 9:00 with right foot into Right Half Moon Stance and deliver Right Back Two Knuckle Punch to nose.
  - 17) Turn left into Left Half Moon Stance facing 6:00 and execute #3 Block.

- 18) Half moon with right foot into Right Side Leaning Stance looking toward 9:00 and execute Right Side Elbow.
- 19) Draw right foot into Right Cat Stance and execute #4 Palm Block.
- 20) Step out into Right Half Moon Stance and deliver Right Palm Heel to ribs.
- 21) Shift your weight onto left leg and rotate your hips counterclockwise into Backward Leaning Stance, execute #7 Block, and lift left fist into a horizontal guard by your head at 4:30, all simultaneously.
- 22) Deliver Right Rising Side Blade Kick to chin, then spin counterclockwise 180 degrees into Backward Leaning Stance, leaning toward 4:30 on right leg and looking toward 10:30, with left hand in Tiger Claw guard parallel to left leg, and right hand in horizontal Tiger Claw guard by head at 4:30.
- 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 press your palms down, keeping hands flat with the floor. Cross left foot behind right into Twist Stance, and execute pressing bow to the left. Meet left foot back to right and straighten arms above your head, then circle arms to your sides and bow.