FORMATTED APPLICATIONS FOR KATA 1

LOWER BLOCK – LEFT LOW PUNCH ATTACK:
Facing opponent who attacks with a left low punch;
Right cat stance, loading right lower block;
Opponent’s punch is blocked by the downward movement of your right elbow, while executing a right lower block/strike to opponent’s groin as you step forward into a right forward stance.

LOWER BLOCK – LEFT MID-LEVEL PUNCH ATTACK:
Facing opponent who attacks with a left mid-level punch;
Right cat stance, loading right lower block;
Your right forearm blocks/deflects opponent’s punch as you load a right lower block;
Move forward into a right forward stance and execute a right lower block/strike to opponent’s groin.

LOWER BLOCK – LEFT HIGH PUNCH ATTACK:
*same as above.
INNER-CHOP – LEFT MID-LEVEL PUNCH ATTACK:
Facing opponent who attacks with a left mid-level punch;
Right cat stance;
While loading a right inner-chop your right forearm blocks/deflects opponent’s punch and your left hand spear-hand thrusts opponent’s stomach;
Then, your left reaction arm grabs and pulls opponent’s punching arm in as you step forward into a right forward stance and execute a right inner-chop to opponent’s neck.

INNER-CHOP – RIGHT HIGH PUNCH ATTACK:
*same as above.

GRAB, THRUST KICK, DOUBLE PUNCH:
While facing opponent’s who attacks by grabbing your right hand with their left hand and punches mid-level with their right hand;
Your right hand circles out and grabs opponent’s left hand, while your left hand deflects (from the inside) and grabs opponent’s punching hand;
Pull opponent in as your execute a right thrust kick to opponent’s groin/mid-section;
Land in a right forward stance with a simultaneous right high and left low double punch.
INNER-MIDDLE BLOCK – LEFT MID-LEVEL PUNCH ATTACK:
Facing opponent who attacks with a left mid-level punch;
Step off-line into a right diagonal stance avoiding the punch;
While loading a right inner-middle block, your left-hand hook punches opponent’s mid-section;
As you shift into a right forward stance, your left reaction arm hand grabs opponent’s punching hand while you execute a right inner-middle block/strike (from under opponent’s arm) to opponent’s face.

INNER-MIDDLE BLOCK – RIGHT MID-LEVEL PUNCH ATTACK:
Facing opponent who attacks with a right mid-level punch;
Step off-line into a right diagonal stance avoiding the punch;
While loading a right inner-middle block, your left-hand hook punches opponent’s mid-section;
As you shift into a right forward stance, your left reaction arm hand grabs opponent’s punching hand while you execute a right inner-middle block/strike outside opponent’s elbow (breaking their arm).
RISING BLOCK – LEFT HIGH PUNCH ATTACK:
While facing opponent who attacks with a left high punch;
Step off-line into a right diagonal stance avoiding the punch;
While loading a right rising block, your left hand hook punches opponent’s mid-section;
As you shift into a right forward stance, you left reaction arm hand
grabs opponent’s punching hand while you execute a right rising
block/strike upward against opponent’s elbow (breaking their arm).

RISING BLOCK – RIGHT HIGH PUNCH ATTACK:
While facing opponent who attacks with a right high punch;
Step off-line into a right diagonal stance avoiding the punch;
While loading a right rising block, your left-hand hook punches
opponent’s mid-section;
As you shift into a right forward stance, your left reaction arm hand
grabs opponent’s punching hand while you execute a right rising
block/strike to opponent’s throat.
FORMATTED APPLICATIONS FOR PIN AN 1

LOWER BLOCK, BACKHAND STRIKE:
Facing opponent who attacks with a left low punch;
Move back into a right cat stance with a right lower block (while executing right lower block, your right elbow moves downward and blocks/strikes their punch from the inside while block strikes their groin);
Load right inner-middle block;
Opponent attacks with a right middle punch;
Your left reaction arm catches their punch in a downward hooking motion while executing a right inner-middle block to opponent’s elbow (breaking their arm);
Opponent attacks with a right middle punch;
Right lower block to punch;
Step forward into a left forward stance and counter attack with a left punch to opponent’s face.

KNIFEHAND BLOCK, BACK STANCE:
Facing opponent who attacks with a left high punch;
Right cat stance loading right knifehand block (your right hand sweeps across your face, deflecting their punch as your pointing arm spear-hand thrusts opponent’s stomach;
Left reaction arm for your loaded right knifehand block hooks over opponent’s punching arm, deflecting it downward as you pull them forward;
Move forward into a right back stance and execute a right knifehand block (as you execute your knifehand block, your right elbow strikes down into opponent’s chest and your right hand chops downward diagonally on opponent’s neck.)
OPENING MOVE:
With opponent on your left side attacking with a right punch;
Step out into a left back-stance with right temple-guard (blocking and grabbing opponent’s punching hand) and a simultaneous left vertical back-fist strike to their face;
Opponent attacks with a left punch;
Execute a left outer-block to their punch with a simultaneous right outer hammer-fist strike to opponent’s elbow (breaking their arm);
Your right hand then grabs and pulls in opponent’s punching hand while you slide into a left side-stance with a left side elbow strike to opponent’s face.

SIDE-KICK, BACK-HAND STRIKE:
With opponent on your right side attacking with a left forward stance - left punch;
Execute a right side-kick to opponent’s mid-section and a simultaneous right horizontal back-fist (blocking their punch);
Your left hand then grabs (outside-in) and pulls in opponent’s punching hand while you execute a right stamping kick to their left knee;
Continue pulling opponent’s arm down a you land in a right side-stance and execute a right outer-chop to the back of opponent’s neck.

INNER-MIDDLE BLOCK, SNAP-KICK:
You start in a left back-stance left knife-hand block with opponent attacking from a position 45 degrees to your left with a left punch;
Your left knife-hand block hand deflects and grabs opponent’s punching hand as you turn/shift 45 degrees toward them into a forward stance with a right inner-middle block/strike to opponent’s face (block/strike is under their punching arm);
While maintaining control of opponent’s left hand with your left hand – opponent attacks with a right low punch – that you block with a right lower block;
Then grab opponent’s right punching hand with your right lower blocking hand and cross their arms;
Execute a right front snap-kick to opponent’s groin and you step forward into a right forward stance and counter-attack with a left reverse punch to their face.

REINFORCED INNER-MIDDLE BLOCK:
Facing opponent who attacks with a left front snap-kick;
Step off-line to your right to avoid their kick;
Your left hand deflects opponent’s kick down (palm down) as you punch the outside of opponent’s thigh with your right fist (like movement of hands to kamae/load position);
Step forward to a right forward stance with a right reinforced vertical back-fist strike to opponent’s face.
OPENING MOVE:
Facing opponent who attacks with a right punch;
Step off-line to opponent’s left side (avoiding their punch) into a diagonal/back stance, loading a right inner-middle block (in loading block – execute a left hook punch to opponent’s body);
Your left reaction arm slides inside, hooking opponent’s punching arm at their wrist – as you execute a right inner-middle block to their elbow (breaking their arm);
Left low punch attack;
Shift back into a right cat stance with a right lower block to their punch;
Shift into a right forward stance with a left vertical backfist strike to opponent’s face.

CRESENT KICK:
While facing opponent who attacks with a left middle punch;
(start with your hands on your hips as in the kata)
Right crescent kick to block punch – right stamping kick to opponent’s leg – land right side stance;
Opponent attempts left mid-level horizontal backfist;
Execute a right elbow block to their attack and counter with a right vertical backfist to opponent’s face.

ENDING MOVEMENT TO A RIGHT PUNCH ATTACK
Facing opponent who attacks with a right mid-level punch;
(Start in a left forward stance with left punched extended)
Your left hand hooks over and deflects their punch sliding inside their arm down to their wrist, as you step forward into a right side-stance with a right horizontal elbow strike to opponent’s face;
Your right hand turns palm up and hooks around and behind opponent’s head, as you rotate your body counter-clockwise – swinging your left leg off-line into a side-stance (as in the kata);
As you do so pull opponent’s head down and throw them to the ground over your right leg.

ENDING MOVEMENT TO A LEFT PUNCH ATTACK:
Facing opponent who attacks with a left mid-level punch;
(Start in a left forward stance with left punch extended)
Your left hand hooks over and deflects their punch, sliding outside their arm down to their wrist, as you step forward into a right side-stance with a right horizontal elbow strike to opponent’s face;
(maintain control of opponent’s right wrist)
Your right hand turns palm up and hooks around and behind opponent’s head, as you rotate your body counter-clockwise – swinging your left leg off-line into a side-stance (as in the kata); As you do so, pull opponent’s head down and arm-bar their left punching arm against the right side of your body/hip.
FORMATTED APPLICATIONS FOR PIN AN 4

OPENING MOVE:
Right front snap-kick attack from your left side;
Step off-line into LBS – right hand blocks opponent’s knee as left hand strikes their inner thigh;
Right high-punch attack;
Right hand soft-style rising block – blocks punch as left-hand spear-hand thrusts to their face;
(while maintaining right hand grip on their punch) – left hand hooks behind opponent's head; left leg steps in front of opponent as you pull and throw them to the ground.

SIDE KICK, ELBOW STRIKE:
Left forward stance with left high punch attack from your right side;
Right sidekick to body and a right horizontal back-fist blocks punch;
Right punch attack;
After you side-kick, land in a right diagonal stance- reaction arm for your right back-hand strike blocks and grabs punch as right back-hand strikes opponent’s head;
Right hand then hooks behind opponent’s head as you shift into a right forward stance with a left elbow strike to opponent’s head.

DIAGONAL CHOP, KICK:
Facing opponent – right front snap-kick attack;
Lunge off-line to a right side-stretch stance with a left lower chopping block to inside of opponent’s knee;
Right punch attack;
Shift into a left side-stretch stance with a left soft-style rising block to the punch and execute a right outer-chop to opponent’s neck;
Right hand hooks behind opponent’s neck as you execute a right knee kick to opponent’s body;
Right leg lands behind opponent’s right leg, breaking their balance and throwing them to the ground over your right leg.

ARROW BLOCK:
Facing opponent – left high-punch attack;
Left forward stance with a left spear-hand strike to opponent’s throat and a right high sliding block to their punch;
Double downward chops to opponent’s collar-bones;
Both hands hook behind opponent’s head as you execute a right knee kick to their body/head;
Your right leg lands to right side of opponent’s body and you throw them to the ground over your right leg.
FORMATTED APPLICATIONS FOR PIN AN 5

OPENING MOVE:
Right forward stance with a right middle-level punch attack from opponent on your left side;
Step off-line to your left (avoiding punch);
While loading your left inner-middle block – right hook punch to opponent’s mid-section;
Right reaction arm grabs opponent’s punching hand and execute a left inner-middle block/strike to opponent’s face;
Left hand then hooks behind opponent’s head;
As you pull your right foot in – pull opponent’s head down into a right close punch to their face.

X-BLOCKS
While facing opponent who attacks with a right forward stance – right high punch;
Step off-line to the left – with a right high soft-style rising block to their punch and a left elbow block to their elbow (breaking the arm);
Step forward outside opponent’s right leg into a left forward stance with a lower x-block (left lower block strikes opponent’s groin as your right fist punches their mid-section);
Open-hand upward x-block (your left open-hand rising block lifts opponent’s punching arm as your right hand spear-hand thrusts opponent’s throat);
Your left arm then circles over, under and in around opponent’s arm trapping/breaking it;
Step in behind opponent with your right leg with a right punch – throwing opponent over your right leg.

SWEEPING BLOCK, PALM HEEL STRIKES:
Facing opponent who attacks with a right forward stance – right high punch;
Step off-line into a right forward stance with a left high sweeping block to their punch and a right palm heel strike to their groin;
Left hand inner-chop motion while right hand pulls opponent’s pants from the groin area – taking opponent down (over-the-neck style throw);
Follow-up with a right punch to the downed opponent to finish them off.
FORMATTED APPLICATIONS FOR EMPI

OPENING MOVE VS. KICK – LIVE SIDE:
Facing opponent who attacks with a left front snap-kick;
Step forward to right diagonal stance and execute a right lower-block
(downward movement of your right elbow blocks/strikes inside opponent’s knee and
hammer fist strikes opponent’s groin);
your right hand then scoops under opponent’s kicking leg (like a shovel block) and
your left hand grabs right shoulder area of opponent;
step forward with your left leg – throwing opponent to the ground.

OPENING MOVE VS. KICK – DEAD SIDE:
Facing opponent who attacks with a right front snap-kick;
Step forward to a right diagonal stance and execute a right lower-block
(downward movement of your right elbow blocks/strikes outside opponent’s knee
and hammer fist strikes opponent’s outer thigh/hip);
your right hand then scoops under opponent’s kicking leg (like a shovel block) and
your left hand reaches across grabbing right shoulder area of opponent;
step forward with your left leg – throwing opponent to the ground.

OPENING MOVE VS. PUNCH – DEAD SIDE:
Facing opponent who attacks with a right forward stance – right high punch;
Upward & outward motion of your right elbow blocks/strikes opponent’s punching
arm, followed by a right downward hammer-fist strike to opponent’s head;
Your right hand then hooks around opponent’s head (from their left side), and you
then pull opponent into a left hook-punch to their face.

OPENING MOVE VS. PUNCH – LIVE SIDE:
Facing opponent who attacks with a left forward stance – left high punch;
*same as above.

SWALLOW SEQUENCE (THEME MOVE) VS. KICK – LIVE SIDE:
Facing opponent who attacks with a right front snap-kick;
Left forward stance – left lower-block (downward motion of left elbow blocks kick –
striking inside opponent’s knee, followed by a left hammer-fist strike to opponent’s
groin);
Execute a right high punch to opponent, who blocks it with a left rising block;
Your right hand circles in, executing a right inner-chop to opponent’s neck;
Your right hand then hooks around opponent’s head (from their left side);
Step in with your right foot (left foot follows into a right X-stance/right dinh stance)
as you pull opponent into a left punch to their face;
Grab opponent’s right shoulder area with your left hand, pulling them down to
your left, as your right hand drives opponent down to the ground with an outer-
chopping motion to the left side of their neck;
Follow-up with a right punch to opponent’s face.
SWALLOW SEQUENCE (THEME MOVE) VS. KICK – DEAD SIDE:
Facing opponent who attacks with a left front snap-kick;
Left forward stance outside opponent’s kick – left lower-block, blocking their kick;
Execute a right high punch which opponent blocks with a left rising block;
Execute a right inner-chop to opponent’s neck (your left reaction arm grabs and pulls in opponent’s left arm);
While maintaining control of opponent’s left arm -
Hook behind opponent’s head with your right hand (outside-in) and pull them down into a right knee kick to their face.

SHIN-BLOCK VS. KICK – DEAD SIDE:
Facing opponent who attacks with a left front snap-kick;
Block opponent’s kick from the outside with the left outward swinging motion of a left shin-block;
Opponent executes a left punch straight-forward as their kicking leg lands;
Execute a left Chinese circular chop-block/strike to opponent’s punch, striking their left shoulder area/face;
Your left hand then hooks around opponent’s neck (their right side) as you execute a right horizontal elbow strike to their face;
Your right arm then extends outward, across the opponent’s face as your left arm hooks under opponent’s left arm – and throw them to the ground;
Follow-up with a right punch to their face.

SHIN-BLOCK VS. KICK – LIVE SIDE:
Facing opponent who attacks with a right front snap-kick;
Block opponent’s kick from the inside with the left outward swinging motion of a left shin-block;
Opponent executes a left punch straight-forward as their kicking leg lands;
Execute a left Chinese circular chop-block/strike, striking opponent’s face;
Your left hand then hooks behind opponent’s neck (their right side) as you execute a right horizontal elbow strike to their face;
Your right arm then extends outward across opponent’s face as your right hand hooks behind their head and your left hands grabs opponent’s shoulder;
Pull them down into a right knee-kick to opponent’s face;
Your left arm hooks under opponent’s right arm.
Drive opponent down to a bent-over position, with their right arm “barred” against your body (their right fist is on your left shoulder).
SHIN-BLOCK VS. PUNCH – LIVE SIDE:
Facing opponent who attacks with a right high punch;
Step off-line to the left with a left high elbow-block (bong sau) to block the punch;
Your left hand then grabs opponent’s punching arm from the inside and you execute a left reverse crescent kick to opponent’s face;
Your left hand then hooks behind opponent’s neck (their right side) as you execute a right horizontal elbow strike to their face;
Your right arm then extends outward across opponent’s face, pulling them down into a right knee-kick to their face;
Your left arm hooks under opponent’s right arm;
Drive opponent down into a bent-over position with their right arm “barred” against your body (their right fist is on your left shoulder).

SHIN-BLOCK VS. PUNCH – DEAD SIDE:
Facing opponent who attacks with a left high punch;
Step off-line to the right and execute a right Chinese circular chop-block to their punch;
Grab and pull down opponent’s punching arm (from the outside) and execute a left ax kick to opponent’s head (over their arm), landing the kick with opponent’s arm between your legs;
Execute a right low punch to opponent’s head;
Your right hand then hooks behind opponent’s head pulling them into a right knee kick to their face and “barring” their arm against your right leg.

BLOCK, PUNCH, KNIFEHAND SEQUENCE:
Facing opponent who attacks with a right forward stance – right high punch;
Move into a left back-stance – left knife-hand block (outward motion of left elbow blocks their punch and left hand extends with a left inner-chop to their neck;
Opponent punches straight-forward with a left punch;
Avoid punch, moving off-line to your right, as your left reaction arm grabs opponent’s punching arm (from the inside) as you step forward with your right foot and execute a right inner-chop to opponent’s neck;
While maintaining control of opponent’s left arm, your right hand hooks behind opponent’s head (from the outside) – pulling them down into a left knee-kick to their face.
TIGER-MOUTH, JUMP SEQUENCE (WITH UPWARD & DOWNWARD PALM BLOCKS):
Facing opponent who attacks with a left forward-stance – left mid-level punch;
Move off-line to the right into a right diagonal stance while executing simultaneous
left downward tiger-mouth to opponent’s wrist and right upward tiger-mouth to
opponent’s elbow (breaking their arm);
Slide into a right side-stance with a simultaneous right low spear-hand strike to
opponent’s groin and a left upside-down tiger-mouth strike to opponent’s throat;
Your left hand then hooks behind opponent’s head as you pull them down into a
forward roll/side-drop;
Turn to face opponent and execute a right low thrust-kick to opponent and
hop/jump over them (turning 180 degrees) land and execute a left low thrust-kick to
opponent.

TIGER-MOUTH, JUMP SEQUENCE (WITH UPWARD & DOWNWARD PALM BLOCKS):
Facing opponent who attacks with a right forward-stance – right mid-level punch;
Move off-line to the right into a right diagonal stance while executing simultaneous
left downward tiger-mouth to opponent’s wrist and right upward tiger-mouth to
opponent’s elbow (breaking their arm);
Slide in with a right side-elbow strike to opponent’s chest;
Your right hand then hooks behind opponent’s head (from the outside) and pull
then into a left tiger-mouth strike to opponent’s throat;
Your left hand then grabs over and outside opponent’s right arm, as your right
hand cuts down (in an outer-chopping motion) to opponent’s neck – driving them to
the ground;
Grab control of opponent’s right hand with both your hands, pulling up as you
execute a right stamping kick to their face.
FORMATTED APPLICATIONS FOR CHINTE

OPENING MOVE:
Facing opponent who attacks with a two-handed choke;
Tuck your chin as your hands circle outside opponent’s arms;
Step back with your left foot and chop down on opponent’s arms, breaking free from their choke;
Your left hand then grabs opponent’s right arm as you pull them into a right downward diagonal hammer-fist strike to their head/neck.

CIRCLE HAMMER-FIST:
Facing opponent who attacks with a left forward-stance – left high punch;
Step off-line to your right as you block with a right high elbow-block (bong sau);
Your left hand then grabs opponent’s punching arm (from the outside) as you pull them into a right outer hammer-fist strike to their head;
While maintaining control of opponent’s punching arm – slide into a right side-stance with a right low hammer-fist strike to their mid-section/groin (strike from under their arm);
While still maintaining control of opponent’s punching arm, your right hand then hooks behind opponent’s head (from their right side – from under their arm) and you pull them down to the ground.

CIRCLE HAMMER-FIST:
Facing opponent who attacks with a right forward stance – right high punch;
Step off-line to your right as you block with a right high elbow block (bong sau) – (left hand in a high wu sau position);
Step out to a left diagonal stance as your left hand grabs opponent’s punching arm and execute a right hammer-fist strike to their sternum;
While maintaining control of opponent’s punching arm, step forward into a right diagonal strike and execute a right knife-hand block/strike to opponent’s neck.

**FUNNEL BLOCK:**
Facing opponent who attacks with a left forward stance – left one/two finger strike;
Step off-line to your left into a left diagonal stance with a funnel block to their finger strike;
Rotate both wrists down (breaking their finger(s));
While maintaining control of opponent’s left hand with your right hand, execute a left Chinese circular chop block/strike to opponent’s neck/head;
Your left hand then hooks behind opponent’s head (from their right side), as you pull them into a right vertical/close punch to their face;
Execute a left upward vertical elbow strike to opponent’s chin;
Your left hand then hooks behind opponent’s head (from their right side) as you step in with your right foot and place your right hand on opponent’s neck in an outer chop position;
Step back with your left foot as you pull down with your left hand and “cut” down with your right hand – driving the opponent to the ground;
Follow-up with a left punch to opponent’s face.