

Saifa

- Stand in Formal Attention Stance
- Bow, then show the backs of hands low
- Clasp the right fist in the left hand while taking a large step forward with the right foot, followed by bringing the left foot into natural stance and turning the body 90 degrees to the left.
- Next, shift the hands from the right to the left side, step back with the left foot into Duck Feet Stance, and perform a left palm hand block down and a right back fist to the face.
- Clasp the left fist in the right hand while taking a large step forward with the left foot, followed by bringing the right foot into natural stance and turning the body 90 degrees to the right.
- Next, shift the hands from the left to the right side, step back with the right foot into Duck Feet Stance, and perform a right palm hand block down and a left back fist to the face
- Clasp the right fist in the left hand while taking a large step forward with the right foot, followed by bringing the left foot into natural stance and turning the body 90 degrees to the left.
- Next, shift the hands from the right to the left side, step back with the left foot into Duck Feet Stance, and perform a left palm hand block down and a right back fist to the face
- Slide the left foot forward and, while looking to the right, shift your weight to the right foot and perform a left open handed middle block and a right open handed low block simultaneously with a left knee. Immediately follow with a right Front Snap kick.
- Slide the right foot to the side perform a right open handed middle block and a left open handed low block simultaneously with a right knee. Immediately follow with a left Front Snap kick
- After the kick, step back into right Forward Fighting Stance and strike with a double punch.
- Swing the arms in a circular motion down and ending with hands in right Hammer Fist and left Palm Hand together.
- Cross right foot in-front of left and spin 180 degrees while performing a left middle block, both hands go to chamber after the spin.
- Perform a double.
- Swing the arms in a circular motion down and ending with hands in left Hammer Fist and right Palm Hand together
- Step right leg out and perform a right Hammer Fist to the head, pull right hand back and into a box block
- Step left leg out and perform a left Hammer Fist to the head, pull the left hand back into a box block
- Step forward with the right leg and perform a Reverse Punch.
- Slide left foot forward and pivot 180 degrees into a narrow back stance while performing a Ridge Hand into an open handed box block.
- Perform round house block followed by a double palm hand strike.
- Brings hands together
- Bow