

# All Style Fighting Arts™

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## Blocks, Strikes, & Kicks

### Blocks A

1. Upper
2. Outside Down
3. Inside Down
4. Outside Upper
5. Inside Upper
6. Outside Upper Chopping
7. Double Upper Cross-open hand
8. Double Lower Cross-closed hand
9. Double Arm Chopping
10. Double Crane
11. Double Angle Hand/Temple
12. Double Front Palm Heel
13. Perry
14. Table Top
15. Crane/Palm heel
16. Double Perry-Arm bar
17. Double Fan
18. Double Inside Compress
19. Outside Windmill
20. Inside Windmill
21. Outside Windmill Grab
22. Inside Windmill Grab
23. Down Windmill Outside Grab
24. Down Windmill Inside Grab
25. Inside/Outside-Trap Grab
26. Double Cross-Trap Grab
27. Outside/Inside-Leg Lift
28. Outside/Inside-Knee Lift
29. Support Outside-Front Knee Stance
30. Crouching Shoulder-Body Slam
31. Upper & Lower-Cat Stance
32. Crane/Heel-Hour Glass Stance
33. Dragon/Grab/Step back-Twist Stance
34. Grab/Blade/Up & Low-Side Stance
35. Double In/Out Cross Chop-Horse
36. Outside/Down-Spin Twist Stance

### Strikes B

- Hor. Punch-Forehead
- Eagle Claw-Eyes
- Upper Palm Heel-Nose
- Arrowhead knuckle-Temple
- Back Fist Smash-Back of Jaw
- Round House-Front of Jaw
- Crane-Chin
- Palm up Chop-Neck
- Palm down - Chop Throat
- Inside Rake-Face
- Outside Rake Tiger Clutch-Neck
- Thumb Press Grip-Thyroid
- Spear Hand-Larynx
- Hammer Fist-Collar Bone
- Roundhouse-Shoulder Dislocation
- Index Knuckle-Under Arm Nerves
- Ridge Hand Chop-Top Arm
- Back knuckle-Bottom Arm
- Buddha Palm Heel-Sternum
- Cobra/Flat Fist-Ribs/Heart
- Vet. Punch-Solar Plex
- Bottom Fist-Ribs/Spleen/Liver
- Rev. Punch Uppercut -Intestines
- Palm Heel Grab-Groin
- Split Cobra/Finger Jab-Eyes
- Double Cup-hand-Ears
- Flying Ridge Hands-Temple/Nose
- Head Butt-Nose
- Double Thumb-Neck
- Front knuckle-Inside Knee/Groin
- Vert. Uppercut Elbow-Sternum
- Hor. Inside Elbow-Jaw hinge
- Support Vert. Elbow-SolarPlex
- Head Grab-Drop Elbow-Neck
- Spin Backhand-Nose
- Low/High Backhand-Groin

### Kicks C

- Front-Solar Plex
- Side-Stomach
- Back-Groin/Knee
- Round-Face/Ribs
- Outside Crescent
- Inside Crescent
- Pick Axe-Ground Target
- Hook-Kidney
- Front Crossover-Leg
- Front Snap-Knee Cap
- Side Snap -Inside knee
- Back Stomp-Behind Knee
- Vert. Knee-Groin
- Hor. Knee-Outside Thigh
- Drop Knee-Ground Target
- Front Stomp- Knee/Chin/Foot
- Jumping Front/Knee-Face
- Jumping Side Snap-Ribs
- Cat Front Snap-Stomach
- Crane Front Jump-Jaw
- Back/Hook Sweep-Leg
- Front Sweep-Leg
- Spin Back Sweep-Leg
- Spin Front Sweep-Leg
- Spin Drop Back Sweep-Leg
- Spin Drop Front Sweep-Leg
- Spin Side Kick-Stomach
- Spin Outside Hook-Ribs/Head
- Spin Jump Outside Crescent
- Spin Jump Inside Crescent
- Jumping Double Front Snaps
- Jumping Double Side Snaps
- Run-Leap Double Front
- Run-Leap Double Side
- Front Tumble Roll
- Back Tumble Roll