

Blue Segment

Hints:

This form creates an upside down T. It represents a firm plantation or "groundedness". It is symbolic of the foundation we have in Jesus.

1. Left foot steps back and you "spin" counter clockwise into a left back stance performing a left knife hand block. Step straight back into a right back stance with a right palm block. Repeat with a left backstance/left palmblock.
2. Left foot steps back into a middle stance performing a right low then middle block followed by a right punch.
3. Right foot cross steps to the left then left foot steps into a left back stance and perform advanced left double knife hand block. Right inner crescent kick followed with left spinning hook kick. Land in right back stance and perform arm break (left hand forward), then right roundhouse kick.
4. Land in left back stance facing opposite direction and perform advanced left double knife hand block. Right foot slides to left foot. Perform left vertical knife hand strike/head grab. Left foot steps forward into left front stance, perform right elbow smash and kiup!
5. Right foot slides up to left and perform high knife hand X-block. Left foot cross steps followed by the right foot into right back stance and perform advanced right double knife hand block. Left inner crescent kick followed with right spinning hook kick. Land in left back stance and perform arm break (right hand forward), then left roundhouse kick.
6. Land in right back stance facing opposite direction and perform advanced right double knife hand block. Left foot slides to right foot. Perform right vertical knife hand strike/head grab. Right foot steps forward into right front stance, perform left elbow smash and kiup!