

Prince Martial Arts Academy



Universal Two

Guard Stance	Left foot lead, both fists up
Back Fist	Left hand *Bring hand back to protect face
Lunge Punch	'C'-step right leg and punch with right hand
Spinning Back Fist	Turn left, spin around & strike with back of left hand
Drop to the Knee with Reverse Punch	Drop to left knee, punch right hand with "Kia!"
Lean Back	Stand up, 'C'-step right leg back, on a straight line. Drop left hand down to protect left lead leg. Raise right hand palm outward at eye level.
Lean Back	'C'-step back with left leg, on a straight line Drop right hand to protect right lead leg Raise left hand palm outward at eye level
Horse Stance	'C'-step right leg forward into a horse stance
Spear Hands	1 = Left hand - pinky ↓, thumb ↑ - head level (high) 2 = Right hand - pinky ↓, thumb ↑ - head level (high) 3 = Left hand - pinky ↓, thumb ↑ - mid level 4 = Right hand - pinky ↓, thumb ↑ - mid level 5 = Left, with fingers in an upward position attacking ribs 6 = Right, with fingers in an upward position attacking ribs
Crane Stance	Set left hand on top, right on bottom Place left foot above right knee on the inner thigh, with left knee pointing to the left Drop left hand parallel to left leg, raise right hand on an angle to the ceiling
Crane Stance	Set right hand on top, left on bottom Place right foot on left leg Drop right hand, raise left hand
Victory, Humility & Bow	Both hands up, fingers tight, feet apart Both hands down, left foot brings feet together Bow snapping hands to legs with eyes up