

Prince Martial Arts Academy



Universal Five

Ready Stance	Stand feet should-width apart Hands in fists in front of thighs
Right Fist (Yang)	Right hand fist, roll upward protecting face (Yang), saying “Universal”
Left Palm (Yin)	Left hand open, rolling upward, palm facing you (Yin), place fist in palm saying “Five”
Yin & Yang	Yin & Yang (palm and fist) strike down and outward Bend knees as you strike
Turn Hips & Windmill Chop	Twist hips to the right from squatted knees Windmill chop with left hand towards the front Bring right fist to right hip
Crescent Kick	Left leg outside crescent kick, strike chopping hand
Windmill Chop	Right hand outside strike chop from windmill hands (left hand crosses above, right hand crosses below)
Crescent Kick	Right leg outside crescent kick, strike chopping hand
Look Up & Hands Up	Turn head to the ceiling, cross arms overhead (as a distraction)
Guard Stance	Jump sharply into guard stance (left foot in front, fists up protecting face)
Front Kick	Snap front kick right leg Bring leg back to guard
Down Strike	Left hand down strike Followed directly by next reverse punch

<h2 style="text-align: center;">Reverse Punch</h2>	<p style="text-align: center;">Right hand reverse punch Bring left hand back to left hip as you punch, and right hand back to hip directly after punch</p>
<h2 style="text-align: center;">Skipping Front Kick</h2>	<p style="text-align: center;">Left leg</p>
<h2 style="text-align: center;">Chop</h2>	<p style="text-align: center;">Left hand</p>
<h2 style="text-align: center;">Step Up & Elbow Smash</h2>	<p style="text-align: center;">Step up with right leg, smash right elbow into chopping hand with “Kia!”</p>
<h2 style="text-align: center;">Set</h2>	<p style="text-align: center;">Slide left foot up to right, set hands on left hip</p>
<h2 style="text-align: center;">Double Round House Kick</h2>	<p style="text-align: center;">Double round house kick with right leg</p>
<h2 style="text-align: center;">Skipping Side Kick</h2>	<p style="text-align: center;">Right leg</p>
<h2 style="text-align: center;">Drop to Knee Reverse Punch</h2>	<p style="text-align: center;">Drop left knee and left hand reverse punch with “Kia!”</p>
<h2 style="text-align: center;">Jump Up & Cross Legs</h2>	<p style="text-align: center;">Facing left wall Jump up with right leg behind left, knees slightly bent</p>
<h2 style="text-align: center;">2-Hand Strike</h2>	<p style="text-align: center;">Spring up and strike with two punches upward</p>
<h2 style="text-align: center;">Chop</h2>	<p style="text-align: center;">Right hand chop downward and to the right</p>
<h2 style="text-align: center;">Side Kick</h2>	<p style="text-align: center;">Right leg low side kick, striking same target as chopping hand Kicking leg lands crossing in front of left leg</p>
<h2 style="text-align: center;">Leg Cross & Side Kick</h2>	<p style="text-align: center;">Right leg crosses over left leg, left leg side kick</p>

Horse Stance	Jump into horse stance facing forward, with open hands striking like a down strike
Outside Strike & Reverse Punch	Left hand outside strike open hand, palm up Right hand punch
Outside Strike & Reverse Punch	Right hand outside strike open hand, palm up Left hand punch
Talon Claw	Turn to left with left hand claw, bend knees but do not reach the ground, right hand punch
Talon Claw	Turn to right with right hand claw, drop to left knee, left hand punch
Talon Claw	Face forward with left hand claw, right hand back at hip
Forward Roll & Jump Kick	Forward roll over left shoulder *tuck left hand between legs, tuck chin close to chest From ground spring up to a left leg jumping kick
Drop to Knee Reverse Punch	Drop to right knee and reverse punch with right hand with "Kia!"
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