

Prince Martial Arts Academy



Universal One

Guard Stance	Left foot lead, both fists up	
Back Fist	Left hand *Bring hand back to protect face	
Reverse Punch	Right hand cross punch *Bring hand back	
Round House Kick	Right foot roundhouse, place in front	
Skipping Side Kick	Right foot (lead leg)	
Back Fist	Right hand backfist	
Drop to the Knee with Reverse Punch	Drop to left knee, left hand punch with “Kia!”	
Turn & Back Kick	Turn left, place both hands on the ground Right leg back kick towards the front	
Ridge Hand	Turn back on left knee with left hand palm face down (ridge hand)	Kneeling
Knife Hand	Right hand straight chop downward	
Reverse Punch	Left hand punch from one knee position 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	