

Jing Yih Martial Arts Center

(JYMAC a Non-profit and Racially Non-discriminatory Organization)

Combination Sets for Plus and Ebb Plus Forms.

- #1 Low Block / Middle Punch with Forward Stance,
Front Thrust Kick land Forward Stance w/Two Middle Punches
- #2 Inner M. Block / Middle Punch with Forward Stance,
Front Thrust Kick land Forward Stance w/Two Middle Punches
- #3 Raising Block / Middle Punch with Forward Stance,
Front Thrust Kick land Forward Stance w/Two Middle Punches
- #4 Inner Chop / Middle Palm-heel with Forward Stance,
Front Thrust Kick land Forward Stance w/Double Middle Punches
- #5 Knife-hand / Back Stance switch to Forward Stance Reverse-punch,
Roundhouse Kick land Forward Stance w/Two Punches High and Low
- #6 Simultaneous Outer M. Block and Hammer M. Strike/Back Stance and Back-fist/Side
Stance. Side Kick land Forward Stance w/Spear-hand M. Strike
- #7 Simultaneous Inner M. and Low Block and Double Punch (MH&ML) / Forward Stance
Crescent Stamping Kick land Side Stance, Elbow Block and Back-fist M. Strike/Side
Stance
- #8 Knife-hand R. Middle and L Down Block / Wide Back Stance, and H Double Outer-
Palm-heel in H/ Forward Stance, Reverse Crescent Kick and Roundhouse Kick land D.S.
w/Back-hand M. Strike and shift to F.S. w/Elbow Strike.
- #9 Low X and High X Block and Double Middle Outer-Chop with Forward Stance,
Crescent Kick and Side Kick land Side Stance, Back Fist and Palm Heel Strike
- #10 Simultaneous Circular Blocks (Front/Inside-out) to Palm Heel Strikes H and Short M.
Punch with F. Stance. Sweeping Kick and Side Kick high, land X Stance w/Palms to
Take Down and back step to Shift Back Stance to complete.