

HAND TECHNIQUES

1. Front Reverse Punch or
Straight Punch
2. Front Back Fist
3. Front Side Back Fist
4. Side Back Fist
5. Side Front Back Fist
6. Front Hack
7. Front Side Hack
8. Shuto
9. Palm Hand
10. Hammer Strike
11. Reverse Hammer Strike
12. Ridge Hand
13. Front Elbow
14. Front Side Elbow
15. Side Elbow
16. Back Elbow
17. Knife Hand
18. Spear Hand
19. Heart Punch
20. Knuckle Punches
21. Thumb Punch
22. Thumb Knuckle Punch
23. Web Hand
24. Claw Hand