

Beginning Stance

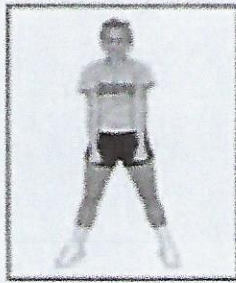
Feet together, hands down by the side in blades



Clasp

Hands clasped, elbows in

Never in front of face



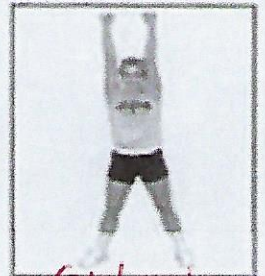
Low Touchdown

Arms extended straight down parallel to each other.



Bow and Arrow

One arm extended to side with other arm bent at elbow in a half "T" motion.



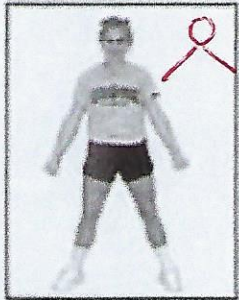
Crab Post Touchdown

Arms extending straight and parallel to each other



Overhead Clasp

Arms are straight, above the head in a clasp and slightly in front of the face.



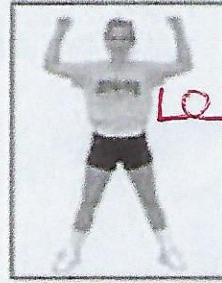
Low "V"

Arms extending down forming "V"



Box Motion

Both arms up in a 90 degree angle, elbows at shoulder height.



Muscle Man

Both arms up a 90 degree angle from a "T" motion.



Side Lunge

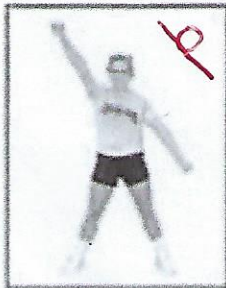
Lead leg bent with knee over ankle, back leg straight, feet perpendicular to each other.



"L"

Left- Left arm extended to the left with the right arm extended in a punch motion.

Right- Right arm extended to the right with the left arm extended in a punch motion.



Diagonals

Right- Right arm extended in a high "V" and the left arm extended in a low "V"

Left- Left arm extended in a high "V" and the right arm extended in a low "V"



Punch

Right arm extended straight up, left arm on hip.



"T"

Both arms extended straight out to the side and parallel to the ground.



Broken "T" Half "T"

Both arms parallel to the ground and bent at the elbows, fist into shoulders.



Front Lunge Hips

Lead leg bent with knee over head in a clasp and slightly in ankle, back leg straight, feet perpendicular to each other.



Tabletop

Arms bent at elbow, fists in front of shoulders.



High "V"

Arms extending up, forming a "V".