



# Lee's Martial Arts Academy

Discover the Power of Positive Thinking!

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## 1-50 HAND TECHNIQUES

1. LEFT LOW BLOCK.
2. RIGHT PUNCH.
3. RIGHT LOW BLOCK.
4. LEFT PUNCH.
5. LEFT OUTSIDE, MIDDLE BLOCK.
6. RIGHT PUNCH.
7. RIGHT OUTSIDE, MIDDLE BLOCK.
8. LEFT PUNCH.
9. LEFT SIDE HIGH, LOW (WALL) BLOCK
10. LEFT PUNCH.
11. RIGHT SIDE HIGH, LOW (WALL) BLOCK
12. RIGHT PUNCH.
13. GUARDED OUTSIDE BLOCK
14. LEFT PUNCH.
15. GUARDED OUTSIDE BLOCK
16. RIGHT PUNCH.
17. DOUBLE HIGH, OUTER BLOCK.
18. DOUBLE LOW, OUTER BLOCK.
19. LEFT PUNCH.
20. RIGHT PUNCH.
21. RIGHT HIGH KNIFE.
22. RIGHT LOW KNIFE.
23. LEFT PUNCH.
24. LEFT HIGH KNIFE.
25. LEFT LOW KNIFE STRIKE
26. RIGHT PUNCH.
27. RIGHT HIGH LEFT LOW SCISSOR BLOCK
28. LEFT PUNCH.
29. LEFT HIGH RIGHT LOW SCISSOR BLOCK.
30. RIGHT PUNCH.
31. REVERSE RIGHT HIGH KNIFE HAND.
32. LOW RIGHT KNIFE HAND.
33. LEFT PUNCH.
34. REVERSE LEFT HIGH KNIFE HAND.
35. LOW LEFT KNIFE HAND.
36. RIGHT PUNCH.
37. CROSS WRIST HIGH BLOCK
38. CROSS WRIST LOW BLOCK
39. LEFT PUNCH
40. RIGHT PUNCH
41. RIGHT KNIFE HAND BLOCK LEFT PUNCH
42. LEFT KNIFE HAND BLOCK RIGHT PUNCH
43. RIGHT BACK FIST
44. LEFT BACK FIST
45. RIGHT PUNCH.
46. LEFT PUNCH.
47. DOUBLE LEFT KNIFE HANDS
48. DOUBLE RIGHT KNIFE HANDS
49. DOUBLE LEFT MIDDLE PALM STRIKE
50. DOUBLE RIGHT MIDDLE PALM STRIKE