

Action Karate Nazareth Stance Set Two



1. Start off in Natural Stance student says, “Stance Set Two”
2. Come to Attention
3. Right foot steps forward into Right Front Stance, Right Rising Block, Left Reverse Punch
4. Return to Natural Stance
5. Left foot steps forward to Left Front Stance, Left Rising Block, Right Reverse Punch
6. Return to Natural Stance
7. Right foot steps to the right into a Right Horse Stance, Right Inward Block, Left Reverse Punch
8. Return to Natural Stance
9. Left foot steps to the left into a Left Horse Stance, Left Inward Block, Right Reverse Punch
10. Return to Natural Stance
11. Right foot steps back to 5 o’clock into a Right Guarding Stance, Left Outward Block, Right Reverse Punch pivoting into a Front Stance
12. Return to Natural Stance
13. Left foot steps back to 7 o’clock into a Left Guarding Stance, Right Outward Block, Left Reverse Punch pivoting into a Front Stance
14. Return to Natural Stance
15. Right foot steps back to 5 o’clock into a Right Lean Away Stance, Left Downward Block, Right Reverse Punch pivoting into a Front Stance
16. Return to Natural Stance
17. Left foot steps back to 7 o’clock into a Left Lean Away Stance, Right Downward Block, Left Reverse Punch pivoting into a Front Stance
18. Return to Natural Stance
19. Left leg steps out to the left into a Horse Stance, Double Palm Down
20. Relaxed Stance

- ☞ This Stance Set combines Stance Set One and the Star Block Set. It takes more coordination and a good understanding of the other two sets.
- ☞ Students should use their “sump, Asah” with the blocks and punches