

# Bassai

- Bassai chung bi !!!
- Falling forward, supported inside/outside block
- Full turn, inside/outside block, reverse inside/outside block
- Full turn, reverse outside/inside block, inside/outside block
- Break-escape against knee, half turn, outside/inside block, reverse inside/outside block
- Half turn, right hand extended, set position
- Knife hand strike, center punch, shifting inside/outside block
- Shifting center punch, shifting inside/outside block
- Advancing middle knife hand blocks (3); retreating middling knife hand block
- Sliding up, reinforced high block, side kick (KEOP)
- Full turn, middle knife hand block, advancing middle knife hand block
- Clear, double high block, break, double kidney strike
- Jumping center punch (KEOP)
- Full turn, double spear hand
- Grab, retreating double block
- Set position, outside/inside kick, low block
- Slap back, outside/inside kick into the hand, elbow strike into the hand
- Down punch, double down punch, set position
- Double strike, reset, shift over
- Outside/inside kick, double strike, shift over
- Outside/inside kick, double strike
- $\frac{3}{4}$  turn, clearing both hands, low active stance hammer strike
- Lift hand, shoot hands back, clearing both hands, low active stance hammer strike,
- Forward middle knife hand block
- Half turn, middle knife hand block
- Forward cross stepping middle knife hand block
- Bassai Chung Bi