JAB, CROSS/1-2 SERIES

Parry the JAB, when the CROSS comes:
1) SHOULDER ROLL, CROSS, HOOK, CROSS
2) SHOULDER ROLL WITH O'OU TEK, CROSS, HOOK, CROSS
3) ELBOW DEFLECTION, CROSS, HOOK, CROSS
4) BOB & WEAVE (can include punch to mid-section), HOOK, CROSS, HOOK
5) SWAY BACK, CROSS, HOOK, CROSS
6) DUCK, CROSS, HOOK, CROSS
7) SLIP INSIDE, CROSS, HOOK, CROSS
8) SLIP OUTSIDE, HOOK, CROSS, HOOK
9) SHOULDER STOP, CROSS, HOOK, CROSS
10) BICEP STOP, CROSS, HOOK, CROSS
11) JONG SAO (arm insertion), CROSS, HOOK, CROSS
12) JIK GERN (face stop) – TO CHEST FOR DRILL, CROSS, HOOK, CROSS
13) PARRY & PUNCH PAST THE FACE, HOOK, CROSS, HOOK
14) PARRY & HIT THE STOMACH/CHEST, HOOK, CROSS, HOOK
15) [OPEN CROSS] WOANG PAC/BIU GEE, CROSS, HOOK, CROSS
16) WOANG PAC/BIU GEE WITH JIK TEK (TO STOMACH/CHEST), CROSS, HOOK, CROSS
17) LEAD LEG JEET TEK, CROSS, HOOK, CROSS
18) REAR LEG JEET TEK (step to outside with lead leg, then jeet tek) SWITCH LEAD, CROSS, HOOK, CROSS
19) SLANT LEFT CHUNG CHOY, CROSS, HOOK, CROSS
20) COVER & SPIN SIDE KICK (step across with lead leg, can also add lead low hit as step), CROSS, HOOK, CROSS
21) NOY WOANG PAC BIU GEE, HOOK, CROSS, HOOK
** Add two kicks at end **

JAB, HOOK/1-3 SERIES

Parry the JAB, when the HOOK come:
1) COVER, HOOK, CROSS, HOOK
2) BOB & WEAVE (can include punch to mid-section), CROSS, HOOK, CROSS
3) COVER & HIT, CROSS, HOOK, CROSS
4) JONG SAO (arm insertion) & HIT, CROSS, HOOK, CROSS
5) TAN SAO & HIT, CROSS, HOOK, CROSS
6) BIU SAO & HIT, CROSS, HOOK, CROSS
7) SHOULDER STOP or WOANG PAC BUI GEE & R O'OU TEK SWITCH LEADS (partner also steps back into opposite stance), CROSS, HOOK, CROSS, REAR JIK TEK, REAR O'OU TEK
8) SHOULDER STOP or WOANG PAC BUI GEE & SOT (knee) TO THIGH (closer range) & SWITCH LEADS (partner switches stance), CROSS, HOOK, CROSS, REAR JIK TEK, REAR O'OU TEK
9) COVER & R CROSS STEP, SPIN SIDE KICK, CROSS, HOOK, CROSS, LEAD JIK TEK, LEAD O'OU TEK
10) HIT ON THE JAB, COVER & HIT, CROSS, HOOK, CROSS, LEAD JIK TEK, LEAD O'OU TEK
** Add two kicks at end **