

SOLO BASTON ABCEDARIO

SET 1. BASIC

1. LEFT EAR
2. RIGHT EAR
3. LEFT ELBOW
4. RIGHT ELBOW
5. PROSTATE GLAND
6. RIGHT COLLAR BONE
7. LEFT KNEE
8. SOLAR PLEXUS
9. HEART
10. CROWN OF HEAD
11. BRIDGE OF NOSE
12. RT BRIDGE, LT GROIN

SET 2. REV BASIC

1. RIGHT EAR
2. LEFT EAR
3. RIGHT ELBOW
4. LEFT ELBOW
5. BLADDER
6. LEFT COLLAR BONE
7. RIGHT KNEE
8. HEART
9. SOLAR PLEXUS
10. GROIN
11. BLADDER
12. LT EYES, RT BLADDER

SET 3. DOUBLE FORCE

1. LT EAR
2. RT EAR
3. LT ELBOW
4. RT ELBOW
5. PROSTATE (2 HANDS ON STICK)
6. RT COLLAR BONE
7. LT KNEE
8. PLEXUS (2 HANDS ON STICK)
9. HEART (2 HANDS ON STICK)
10. CROWN (WITH COOP)
11. TWO HITS TO BRIDGE
12. STICK THRUST & PUNYO BRIDGE, RIDGE HAND GROIN & HEEL PALM BLADDER

SET 4. REVERSE DOUBLE FORCE

1. RT EAR
2. LT EAR
3. RT ELBOW
4. LT ELBOW
5. BLADDER (2 HANDS ON STICK)
6. LT COLLAR BONE
7. RT KNEE
8. HEART (2 HANDS ON STICK & BUTT STROKE)
9. PLEXUS (2 HANDS ON STICK & BUTT STROKE)
10. GROIN
11. TWO HITS TO BLADDER
12. STICK THRUST & PUNYO BLAD LT H

SET 5. PUNYO

1. LT EAR
2. RT EAR
3. LT RIBS
4. RT RIBS
5. GROIN
6. RT COLLAR BONE NOTCH
7. LT OBLIQUE
8. PLEXUS
9. HEART
10. GB HEAD, PUNYO BRIDGE
11. DF PUNYO BRIDGE
12. RT PUNYO BRIDGE, LT BACKHAND SLAP GROIN

SET 6. REVERSE PUNYO

1. RT EAR
2. LT EAR
3. RT RIBS
4. LT RIBS
5. REV PUNYO BLADDER
6. LT COLLAR BONE NOTCH
7. RT OBLIQUE
8. HEART
9. PLEXUS
10. BK HD PUNYO BLADDER
11. DF PUNYO BLADDER
12. RT PUNYO BLADDER, LT HEEL PALM BRIDGE

SET 7. HOOK

1. LEFTSIDE NECK
2. RIGHTSIDE NECK
3. LEFT ELBOW
4. RIGHT ELBOW
5. LT SCIATIC NERVE
6. RIGHT SCAPULAR
7. LEFT KNEE
8. RT SCIATIC NERVE
9. LEFT SCAPULAR
10. CROWN OF HEAD
11. GRAB STICK BEHIND NECK, THROW
12. RT HOOKS NECK, LT BLADDER-GROIN, PUSH

SET 8. REV HOOK

1. RIGHTSIDE NECK
2. LEFTSIDE NECK
3. RT ELBOW
4. LT ELBOW
5. RT SCIATIC NERVE
6. LT SCAPULAR
7. RT KNEE
8. LT SCIATIC NERVE
9. RT SCAPULAR
10. SINGLE RIP GROIN
11. DOUBLE FORCE RIP GROIN
12. DOUBLE FORCE RIP GROIN, LT HEEL PALM BRIDGE, SHOULDER PUSH

SET 9. REVERSE GRIP

1. LTSIDE NECK
2. RTSIDE NECK
3. LT ELBOW
4. RT ELBOW
5. BLADDER
6. RT CAROTID
7. LT KNEE
8. PLEXUS
9. HEART
10. CROWN
11. TWO HAND THRUST TO BRIDGE
12. STICK THRUST BRIDGE, BACKHAND BLADDER

SET 10. REV REV GRIP

1. RT EAR
2. LT EAR
3. RT ELBOW
4. LT ELBOW
5. REV ANGLE BLADDER
6. LT COLLAR BONE
7. RT KNEE
8. HEART
9. PLEXUS
10. WHIP TO GROIN
11. TWO HAND THRUST TO BLADDER
12. STICK TH

SET 11. BAYONET

1. LT EAR
2. RT EAR
3. LT RIBS
4. RT RIBS
5. GROIN
6. RT COLLAR BONE
7. LT HIP
8. PLEXUS
9. HEART
10. FLAT TWO HAND PUSH BELOW NOSE BRIDGE
11. BUTTSTROKE
12. RT BRIDGE LT LOW PUSH RUST BLADDER, LT EYES

SET 12. REV BAYONET

1. RT EAR
2. LT EAR
3. RT RIBS
4. LT RIBS
5. BLADDER
6. LT COLLAR BONE
7. RT HIP
8. HEART
9. PLEXUS
10. FLAT TWO HAND PUSH DOWN ON OBLIQUE
11. BUTTSTROKE BLADDER
12. LT BRIDGE RT LOW PUSH