

Single Bahng Mahng EE

Level #2

1.) Block and Counter Drill with a partner: 6 Count

Partner #1

- a.) #8 Strike
- b.) Tip Down Roof Block
(Left Side of Body)
- c.) #2 Strike

Partner #2

- a.) Roof Block
(Tip Down)
- b.) #1 Strike
- c.) Wing Block
(Tip Down)

All Blocks For Above Drill Are Tip Down Blocks

2.) Block and Counter Drill with a partner: 8 Count

Partner #1

- a.) #8 Strike
- b.) Sweeping Block
(Tip Up)
- c.) Reverse Sweeping Block
(Tip Down)
- d.) #2 Strike

Partner #2

- a.) Roof Block
(Tip Down)
- b.) #1 Strike
- c.) #1 Strike
- d.) Wing Block
(Tip Down)

3.) Block and Counter Drill with a partner: 10 Count

Partner #1

- a.) Roof Block
(Tip Down)
- b.) #1 Strike
- c.) Drop Block
(Tip Down)
- d.) #9 Thrusting Strike
- e.) Wing Block
(Tip Down)

Partner #2

- a.) #8 Strike
- b.) Sweeping Block
(Tip Up)
- c.) #4 Strike
- d.) Reverse Sweeping Block
(Tip Down)
- e.) #2 Strike