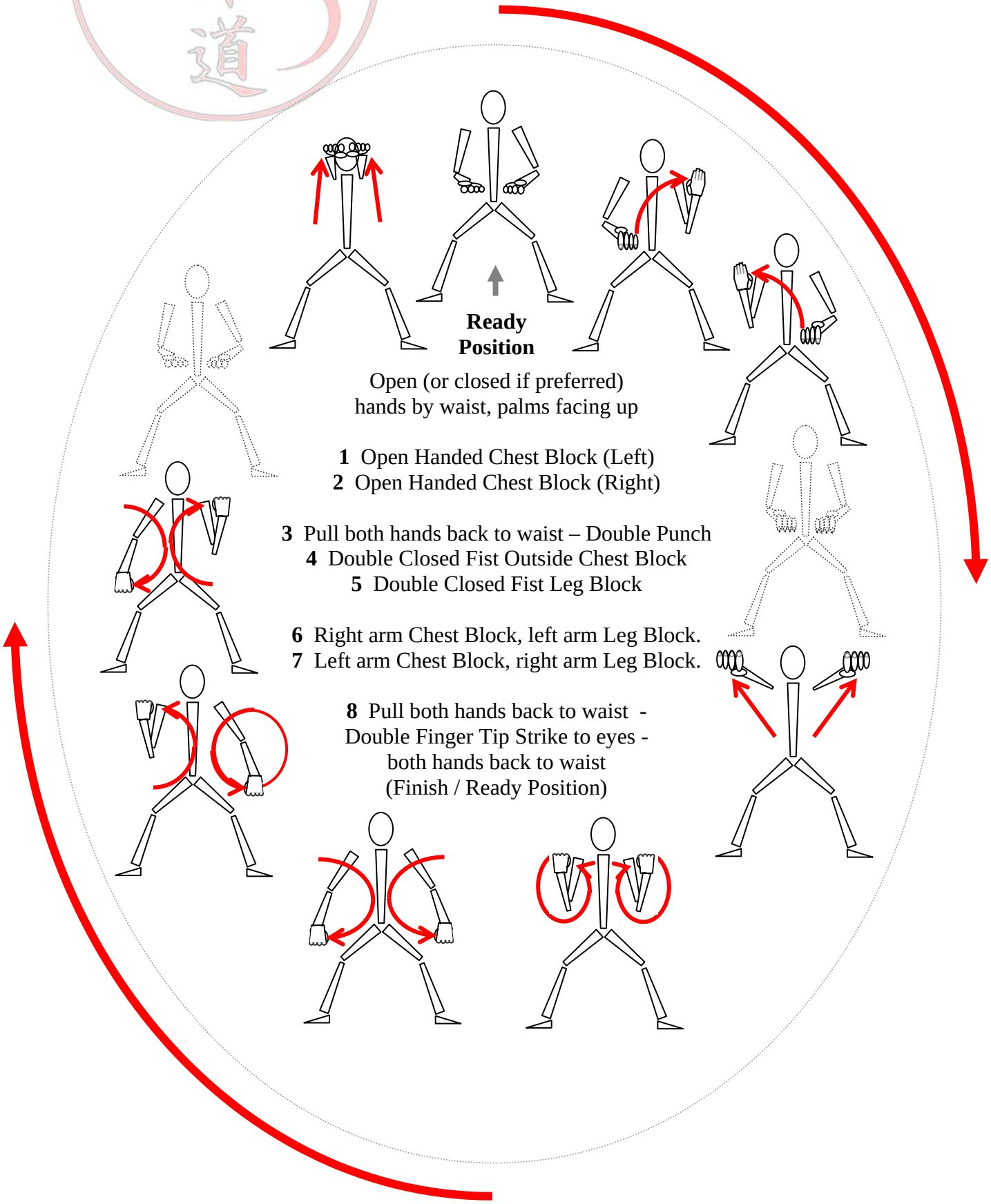
Guide to Muka-Bazi Sequence



Ready Position

Open (or closed if preferred)
hands by waist, palms facing up

1 Open Handed Chest Block (Left)
2 Open Handed Chest Block (Right)

3 Pull both hands back to waist – Double Punch
4 Double Closed Fist Outside Chest Block
5 Double Closed Fist Leg Block

6 Right arm Chest Block, left arm Leg Block.
7 Left arm Chest Block, right arm Leg Block.

8 Pull both hands back to waist -
Double Finger Tip Strike to eyes -
both hands back to waist
(Finish / Ready Position)