

**TIME LINE OF TECHNIQUES on Video 3 (B)**  
**by Graham Healy (founder HISDA 2000)**



**1.03 Chair warm up and isometric 'in the groove' side –kick slow-mo, Turning kick, push kick  
all slow-motion preparation warm ups after stretching.**

**7.19 to 11.13 Elbow strikes (and its variations) + spinning back elbow**

**16.17 double ½ turning kick**

**18.04 Left , right punch + ½ turning kick combo**

**22.40 Side kick variations**

**23.29 side kick off back leg**

**24.57 side kick off lead leg**

**26.03 Side kick “flick and kick “ Bruce Lee move**

**27.36 Lead leg side kick to back –fist in x stance**

**28.10 .....continues to next tape 3(C)**

**END OF VIDEO 3 (B)**

**Completed on 25December 2020**

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( Healy's Health ABN 50-7110604-560) email [healyshealthandfitness@hotmail.com](mailto:healyshealthandfitness@hotmail.com)