



# YAW-YAN<sup>U.S.A.</sup> FERVILLEON Martial Arts

12 – Bolo Punches [Yaw-Yan ~ 1970's]:

1. Downward
2. Outside
3. Inside
4. Bottoms Up
5. Back Fist Snap
6. Inside Rolling Knuckles
7. Upper Cut
8. Straight Punch
9. Upward Punch
10. Crossed Punch
11. Overhead
12. Downward Rolling Knuckles