

Punch the chest. Parry, heel, and elbow lock down...  
Ready, one! Empty stance  
Two! Knee lift  
Three! Drop stance  
Four! (Hah!)  
Ready, one! Two! Three! Four! (Hah!)  
Yī, èr, sān!go! (Hah!)  
Jiāyóu (jiāyóu)  
Hammer. Empty stance. (jiāyóu) (jiāyóu)  
Jiāyóu Cameron! You can do it  
(Hah!)

Totally unexpected. It was a pleasure

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