



WHITE BELT 10TH GUP TO YELLOW BAR 9TH GUP

STANCE:

ALL PRIOR AND BACK BEND STANCE

KICKS:

ALL PRIOR AND SIDE KICK, HOOK KICK, SLIDING FRONT SNAP KICK, JUMPING FRONT SNAP KICK, SLIDING ROUNDHOUSE KICK, SPINNING HOOK KICK, JUMPING SIDE KICK, SLIDING SIDE KICK

HANDS:

ALL PRIOR AND HIGH BLOCK, BACKFIST, SPINNING BACKFIST, MIDDLE BLOCK

HAND COMBINATIONS:

1. DOUBLE JAB – REVERSE PUNCH
2. OLD TECHNIQUE (JAB-REVERSE PUNCH-BACKFIST-REVERSE PUNCH)
3. NEW TECHNIQUE (BACKFIST- SPINBACKFIST- REVERSE PUNCH)
4. OLD INTO NEW TECHNIQUE TRANSITION

KICKING COMBINATIONS:

1. FRONT SNAP KICK – SIDE KICK – REVERSE PUNCH
2. FRONT SNAP KICK – SLIDING FRONT SNAP KICK – REVERSE PUNCH
3. FRONT SNAP KICK – JUMPING FRONT SNAP KICK – REVERSE PUNCH
4. ROUNDHOUSE KICK –SLIDING ROUNDHOUSE KICK - REVERSE PUNCH
5. FRONT SNAP KICK – ROUNDHOUSE KICK – SIDE KICK – REVERSE PUNCH

FORM:

KIBAN 1 AND 2 (BASIC OR BEGINNER FORM) 20 MOVES EACH

BREAKING:

1 BOARD SLIDING SIDE KICK