

Rank Recruit Curriculum Card

TECHNIQUES

Hands

Chop Punch
Chop vertical punch
Low Block, punch
High block punch

Kicks

Pop Front
Pop Round
Pop Side

Tricks

Dive roll
Cartwheel
Butterfly Kick

COMBOS

Intro

Chop punch, chop punch, chop vertical punch, front, pop front, pose

Intense

Low block punch, Out-in block, in-out block, vertical punch, low block, pop round, spinning hook, butterfly

Insane

Chop punch, low high block, reverse punch, in-out crescent kick, splits, round, hook, cartwheel, punch

FORM

15 seconds your own form. Must incorporate techniques above

CONCEPTS

Reverse angle stance
Front and back side pop kicks

ESSENTIALS

Jump front
Jump round
jump side
Spinning back kick
Spinning hook
Back wheel
Spinning crescent



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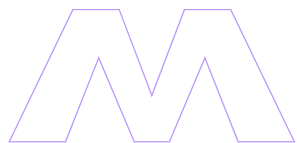
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ESSENTIALS

Hands

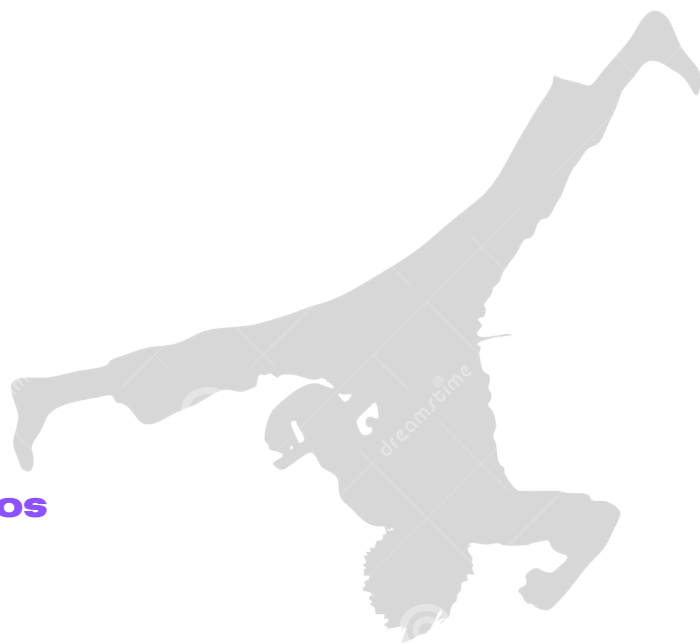
Kicks

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