

BASIC TECHNIQUES

1. Slide in Front Punch, Slide Back
2. Slide in Front Punch, Reverse Punch, Front Punch, Slide Back
3. Step in Front Punch, Slide Back

COMBINATIONS

1. Counter Front Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch
2. Counter Roundhouse Kick, Leg in Front, Front Punch, Reverse Punch, Front Punch
3. Skip in Front Kick, Skip Back, Front Punch, Reverse Punch, Front Punch

COMBINATION PAD WORK

1. Combination Pad Work 1-2-3

SELF-DEFENCE

1. Cover, Cover, Duck, Duck, Lean Back
2. Outer Covers