

BASIC TECHNIQUES

1. Roundhouse Kick, Step in Spinning Kick, Reverse Punch, Front Punch, Slide Back
2. Roundhouse Kick, Spinning Kick, Roundhouse Kick, Reverse Punch, Front Punch, Slide Back
3. Counter Hook Kick, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back

COMBINATIONS (LEG IN FRONT)

1. Roundhouse Kick, Side Kick, Hook Kick, Roundhouse Kick, Back Kick, Step in Spinning Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Side Kick, Step In Spinning Kick, Double Roundhouse Kick
3. Skip Side Kick, Spinning Kick, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back

COMBINATION PAD WORK

1. Form Fighting 2 x 2 Min
2. Synch. Form Fighting 2 x 2 Min
3. Free Padding 2 x 2 Min
4. Combination Pad Work 1-2-3

SELF-DEFENCE

1. Face Techniques 1-2
2. Front Kicks 1
3. All Previous Techniques