

## BASIC TECHNIQUES

1. Spin Side Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Spinning Back Fist, Reverse Punch, Front Punch, Slide Back
3. Switch Punch, Reverse Punch, Front Punch, Slide Back

## COMBINATIONS (LEG IN FRONT)

1. Front Punch, Reverse Punch, Roundhouse Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Roundhouse Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back
3. Switch Punch, Reverse Punch, Roundhouse Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back

## COMBINATION PAD WORK

1. Form Fighting 2 x 1 Min
2. Combination Pad Work 1-2-3

## SELF-DEFENCE

1. All Previous Techniques
2. Knee Strike