

## BASIC TECHNIQUES

1. Back Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Back Kick, Roundhouse Kick, Leg In Front, Reverse Punch, Front Punch, Slide Back
3. Back Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back

## COMBINATIONS (LEG IN FRONT)

1. Front Kick, Roundhouse Kick, Back Kick, Roundhouse Kick, Leg in Front, Reverse Punch, Front Punch, Slide Back
2. Jumping Front Kick, Back Kick, Roundhouse Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back
3. Front Punch, Spinning Back Fist, Reverse Punch, Roundhouse Kick, Back Kick, Reverse Punch, Front Punch, Slide Back

## COMBINATION PAD WORK

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

## SELF-DEFENCE

1. Face Techniques 1-2
2. All Previous Techniques
3. Combination Shin kick/elbow/palm/knee