

BASIC TECHNIQUES

1. Counter Slip Punch
2. Counter Slip Punch, Reverse Punch, Front Punch
3. Slide in Slip Punch

COMBINATIONS (LEG IN FRONT)

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

COMBINATION PAD WORK

1. Glove on Glove x 1 Min
2. Combination Pad Work 1-2-3

SELF-DEFENCE

1. All Previous Techniques
2. Palm Strike