

BASIC TECHNIQUES

1. Counter Hook Kick, Axe Kick, Spin Side Kick, Reverse Punch, Front Punch, Slide Back
2. Front Kick, Outer Crescent kick, Axe Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back
3. Axe Kick, Side Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back

COMBINATIONS (LEG IN FRONT)

1. Front Punch, Reverse Punch, Step in Spinning Kick, Roundhouse Kick, Back Kick, Reverse Punch, Front Punch, Slide Back
2. Front Punch, Reverse Punch, Jump Front Kick, Back Kick, Spinning Kick, Step In Jumping Spinning Kick, Reverse Punch, Front Punch, Slide Back
3. Counter Hook Kick, Axe Kick, Jump Spin Crescent Kick, Spinning Kick, Reverse Punch, Front Punch, Slide Back

COMBINATION PAD WORK

1. As Per Instructor
2. Combination Pad Work 1-2-3

SELF-DEFENCE

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