

## **BASIC TECHNIQUES**

1. Double Side Kick, Leg Behind
2. Front kick, Leg Behind, Counter Roundhouse Kick, Reverse Punch, Front Punch
3. Front Punch, Reverse Punch, Roundhouse Kick, Leg Behind

## **COMBINATIONS: (LEG IN FRONT)**

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

## **COMBINATION PAD WORK**

1. Combination Pad Work 1-2-3

## **SELF-DEFENCE**

1. Cover, Cover, Duck, Duck
2. Outer Covers
3. Inner Covers
4. Leg Covers