

TECHNIQUE LIST



White Belt

Front Kick, Lead Foot

Front Kick, Rear Foot

Side Kick

Backfist

Jab

Center Reverse Punch

Deflecting Down Block

Slide Step Side Kick

Yellow Belt

Round Kick, Lead Foot

Round Kick, Rear Foot

Faking Round Kick

Straight Punch

Thrust Punch

High Reverse Punch

Outside Center Block

Shuffle Step, Round Kick

Orange Belt

Outside Crescent, Lead Foot

Outside Crescent, Rear Foot

Inside Crescent, Lead Foot

Ridge Hand, Lead Hand

Ridge Hand, Rear Hand

Inverted Punch

Upper Block

Shuffle Step, Outside Crescent

Green Belt

Spin Back Kick

Spin Crescent

Hook Kick, Lead Foot

Upper Cut, Lead Hand

Upper Cut, Rear Hand

Horizontal Chop, Lead Hand

Inside Center Block

Lunge Punch- Two Follow-Ups

TECHNIQUE LIST



Purple Belt

Side Thrust

Spin Hook

Spin Side Kick

Forearm Strike, Lead

Upper Elbow Strike

Shuto- Lead Hand

High Circle Block

Step Over Side Kick

Red Belt

Inverted Front Kick

Outside Axe Kick

Inside Axe Kick

Overhand Punch

Horizontal Hammer fist

Vertical Hammer fist

Deflection Block

Shuffle Step- Two Follow-Ups

Brown Belt

Front Kick - Ground

Sidekick - Ground

Knee Stomp

High Spear Hand

High Palm Heel

Low Palm Heel

Shin Block

Training Form One