

***WHITE***

BACKFIST STRIKE

SIDE KICK

ROUNDHOUSE KICK

PROTECTING HEAD

PUNCH

# ***YELLOW***

KNIFE HAND STRIKE

FRONT KICK

2 ROUNDHOUSE KICKS

CHECK LOW

BACK RIDGE HAND

# **ORANGE**

FRONT RIDGE HAND

HOOK KICK

3 ROUNDHOUSE KICKS

BODY BLOCK

HOOK KICK/  
ROUNDHOUSE KICK

# ***GREEN***

SPINNING BACK KICK

SPINNING SIDE KICK

4 ROUNDHOUSE KICKS

CHECK HIGH

JUMP FRONT KICK

# ***BLUE***

JAB

JUMP SIDE KICK

4 SIDE KICKS

JUMP HOOK KICK

BACK LEG CRESCENT  
KICK

# **ADV. BLUE**

HOOK PUNCH

SPINNING BACKFIST  
STRIKE

4 HOOK KICKS

FRONT LEG  
FRONT KICK

STEPPING SIDE KICK

# *1<sup>ST</sup> PURPLE*

BACK LEG REV.  
CRESCENT KICK

FRONT LEG REV.  
CRESCENT KICK

1 SET - SIDE/ROUND/HOOK

STEPPING  
ROUNDHOUSE KICK  
COUNTER SIDE KICK

# *ADV. 1<sup>ST</sup> PURPLE*

UPPER CUT

INSIDE ROUNDHOUSE  
KICK

1 SET - SIDE/ROUND/HOOK

PARRY

BACK LEG  
ROUNDHOUSE KICK



# 2<sup>ND</sup> PURPLE

SPINNING  
ROUNDHOUSE KICK  
STEPPING HOOK KICK

2 SETS -  
SIDE/ROUND/HOOK

SLIDING SIDE KICK

BACK LEG SIDE KICK

**ADV. 2<sup>ND</sup> PURPLE**

SPINNING REVERSE  
CRESCENT KICK

HORSE STANCE

2 SETS -  
SIDE/ROUND/HOOK

SLIDING  
ROUNDHOUSE KICK

BACK LEG HOOK KICK

# *3<sup>RD</sup> PURPLE*

JUMP SPINNING REVERSE  
CRESCENT KICK

TURNING JUMP CRESCENT

3 SETS -  
SIDE/ROUND/HOOK

SLIDING HOOK KICK

COUNTER ROUNDHOUSE  
KICK

# *ADV 3<sup>RD</sup> PURPLE*

FORWARD STANCE/  
DOWN BLOCK

SPINNING HOOK KICK

3 SETS -  
SIDE/ROUND/HOOK

FLYING SIDE KICK

COUNTER HOOK KICK

# *1<sup>ST</sup> RED*

BACK STANCE/  
BACKFIST BLOCK

FORWARD STANCE/  
HIGH BLOCK

4 SETS - SIDE/ROUND/HOOK

BACK STANCE/  
KNIFE HAND BLOCK

FORWARD STANCE/  
1,2,3, LUNGE PUNCH

# 2<sup>ND</sup> RED

REAR DEFENSE STANCE

BACK STANCE/  
INSIDE BLOCK

5 SETS -  
SIDE/ROUND/HOOK

JUMP SPINNING  
BACK KICK

FORWARD STANCE/  
OUTSIDE BLOCK

# *3<sup>RD</sup> RED*

CAT STANCE/INSIDE BLOCK

CRANE STANCE/  
HIGH BLOCK/LOW BLOCK

6 SETS - SIDE/ROUND/HOOK

JUMP BACK ROUNDHOUSE  
KICK

FORWARD STANCE/  
INVERTED KNIFE HAND/  
HIGH BLOCK