



Kicking Combinations

Gold Belt

- 1) Front Leg Front Kick
Back Leg Roundhouse Kick
Reverse Punch
- 2) Front Leg Side Kick
Back Leg Front Kick
Reverse Punch
- 3) Back Leg Inside Crescent Kick
Turning Back Kick
Ridge Hand

Green Belt

- 1) Front Leg Roundhouse Kick
Back Leg Front Thrust Kick
Reverse Punch
- 2) Front Leg Outside Crescent Kick
Back Leg Side Thrust Kick
Reverse Punch
- 3) Front Leg Front Thrust Kick
Butterfly Kick
Ridge Hand

Blue Belt

- 1) Front Leg Hook Kick
Front Leg Outside Axe Kick
Reverse Punch
- 2) Front Leg Twist Kick
Back Leg Inside Axe Kick
Reverse Punch
- 3) Back Leg Outside Axe Kick
Back Leg Hook Kick
Ridge Hand

Purple Belt

- 1) Turning Hook Kick
Back Leg Roundhouse Kick
Turning Side Kick
- 2) Turning Outside Crescent Kick
Back Leg Front Kick
Turning Roundhouse Kick
- 3) Back Leg Side Snap Kick
Tornado Roundhouse Kick
Ridge Hand

Red Belt

- 1) Front Leg Side Thrust Kick
Jumping Front Leg Side Kick
Reverse Punch
- 2) Jumping Back Leg Front Kick
Turning Side Kick
Reverse Punch
- 3) Jumping Back Leg Roundhouse Kick
Tornado Crescent Kick
Ridge Hand

Brown Belt

- 1) Jumping Turning Back Kick
Back Leg Front Thrust Kick
Reverse Punch
- 2) Jumping Turning Outside Crescent Kick
Back Leg Roundhouse Kick
Reverse Punch
- 3) Back Leg Push Kick
Jumping Turning Side Kick
Ridge Hand