

BROWN BELT WHITE STRIPE COMBINATIONS

1. LEAD LEG FRONT SNAP KICK, BACK LEG TURNING KICK, JUMPING SPINNING HEEL KICK.
2. BACK LEG SPINNING HOOK KICK, BACK HAND DISTANCE HOOK, LEAD HAND DISTANCE UPPERCUT,
JUMPING BACK KICK.
3. FREE HEAD MOVEMENT, 1 / 2, LEAD LEG FRONT SNAP KICK, BACK LEG JUMPING ROUNDHOUSE KICK.
4. LEAD LEG FRONT PUSH KICK, JUMPING CROSS.
5. BACK LEG FRONT PUSH KICK, OPPOSITE LEG REPEATED TURNING KICK, OPPOSITE LEG JUMPING
SPINNING HOOKING KICK.
6. BACK HAND DISTANCE UPPERCUT, FRONT HAND DISTANCE HOOK, BACK LEG SPINNING HEEL KICK.