

Yellow Tib Belt (W9)

Turn to your left, Forward stance, Low Block, Punch

(Forward stance, left hand low block, right hand punch)

Turn to your right, Forward stance, Low Block, Punch

(Forward stance, right hand low block, left hand punch)

Turn to your left, cross Block

(Move Left leg, Easy stance, both hand cross block)

Front kick (1), Cross Block

(Right leg front kick, land in front, both hands cross block)

Front kick (2), Cross Block

(Left leg front kick, land in front, both hands cross block)

Front kick (3), Cross Block

(Right leg front kick, land in front, both hands cross block)

Left leg behind 1 round, Low Block, Step Punch

(Move left leg behind, easy stance, left hand low block, right leg step forward, easy stance, right hand punch)

Turn to your right, Low Block, Step Punch

(Move right leg, easy stance, right hand low block, left leg step forward, easy stance, left hand punch)

Shift back left leg, High Block (1)

(Pull back left leg, easy stance, right hand high block)

Shift back right leg, High Block (2)

(Pull back right leg, easy stance, left hand high block)

Shift back left leg, High Block, Punch (1)

(Pull back left leg, easy stance, right hand high block, left hand punch)

Shift back right leg, High Block, Punch (2)

(Pull back right leg, easy stance, left hand high block, right hand punch)

“SHOUT”

Stay there wait for “Paroh”.

(Left Leg pull back and “Chun Bi”)

Basic Kick = Turning Kick x 6