

White belt: attacks: start /w Left low Block – punch, punch, (R) #2 front kick (M)

*** Finish each with a step/double step back to left low block**

1			2			3		
L	High block	H	R	Inner Forearm block	H	L	Low block	
R	Reverse punch	M	R	#1 Side Kick		L	#1 front kick	
L	Punch	M	R	Knife hand	H	R	reverse punch	M
R	Reverse punch	H				L	punch	H

1. Right foot steps to left front stance
 - a. (L/H) High block, (R/M) reverse punch, (L/M) punch, (R/H) reverse punch
2. Left foot steps back to right middle stance
 - a. (R/H) Inner Forearm block, (R) #1 Side Kick, land in middle stance, (R) Knife hand
3. Right foot steps back to left front stance
 - a. (L) Low block, (L) #1 front kick, land in left front stance, (R/M) reverse punch, (L/H) punch

Orange belt: attacks: start /w Left low Block – (R) punch, (R) punch, (R) #2 round kick (M/H)

*** Finish each with a double step back to double outer forearm block**

1			2			3		
L	Double outer forearm block		R	Double outer forearm block		L	Double outer forearm block	
L	Back fist	H	R	#1 round kick	M	R	reverse punch	M
R	reverse punch	M	L	reverse punch	H	L	punch	H
R	#2 round kick	M/H	L	#4 side kick	M/H	L	#1 side kick	M/H

1. Right foot steps back to right back stance
 - a. (L) Double outer forearm block, (L/H) back fist, (R/M) reverse punch, left foot steps to right foot, (R/M or H) #2 round kick
2. Left foot steps left to evade punch in left front stance
 - a. (R) Double outer forearm block, (R/M) #1 round kick, land in right front stance, (L/H) reverse punch, right front stance adjust distance, (L/M or H) #4 side kick
3. Right foot moves to tight to right front stance
 - a. (L) Double outer forearm block, (R/M) reverse punch, (L/H) punch, (L/M or H) #1 side kick

Yellow belt: attacks: start /w Left low Block – (R/H) punch, (R/H) punch, (R/M) #2 side kick

*** Finish each with a double step back to double outer forearm block**

1			2			3		
L	Double outer forearm block		R	Double outer forearm block		R	low block	
L	#3 Jump front kick		R	#3 jump front kick		L	back fist	M
L	Knife hand	H	R	back fist	H	L	knife hand	H
R	punch	M	L	punch	M	R	#2 round kick	M/H
			R	punch	H			
			R	#1 round kick	M			

1. Right foot slides to the right
 - a. (L) Double outer forearm block, (L) #3 Jump front kick, (L/H) knife hand, (R/M) punch
2. Left foot slides to left
 - a. (R) Double outer forearm block, (R) #3 jump front kick, (R/H) back fist, (L/M) punch, (R/H) punch, (R/M) #1 round kick
3. Left foot steps back to middle stance
 - a. (R) low block, move right foot to left foot, turn counter clockwise 180° into middle stance, (L/M) back fist, (L/H) knife hand, left foot steps back to right, (R/M or H) #2 round kick

Camo: attacks: - (R/H) punch, (R/H) punch, (R/M) reverse side kick

*** Finish each with a stepping-into advanced arm base (Keep your hands up)**

1			2			3		
L	Front kick		R	Inner crescent kick		R	Low block	
L	Back fist	H	L	reverse side kick	M/H	R	outer crescent kick	
L	#1 side kick	M/H	R	reverse punch	M	L	inner crescent kick	
R	reverse side kick	M/H	L	Punch	H	L	outer crescent kick	
			R	#1 jump front		R	punch	H
						R	#2 round kick	M/H

1. Move right foot to the right
 - a. (L) Front kick, (L/H) back fist, (L/M or H) #1 side kick, (R/M or H) reverse side kick
2. Left foot steps back to right foot
 - a. (R) Inner crescent kick, (L/M or H) reverse side kick, (R/M) reverse punch, (L/H) punch, left foot steps back to right foot, (R) #1 jump front
3. Left foot steps to left, evade kick
 - a. (R) Low block, (R) outer crescent kick block, (L) inner crescent kick, (L) outer crescent kick, land in left front stance, (R/H) punch, (R/M or H) #2 round kick

Windshield wipers

Green: attacks: start /w Left Sparing stance – (R/H) punch, (R/H) punch, (L) #3 jump side kick

* **Finish each with a double step back in advanced arm base (Keep your hands up)**

1			2			3	
R	#1 repeat side kick		R	Horizontal spear hand		R	reverse punch M
L	reverse crescent kick		L	repeat round kick		L	punch H
L	Back fist	H	R	spin crescent kick		R	ridge hand strike H
R	reverse punch	M	L	#1 or #3 side kick		L	ridge hand strike M
L	#1 round kick	M/H				L	knife hand H
						R	#1 jump side kick

1. Left foot steps back
 - a. (R) #1 repeat side kick, (L) reverse crescent kick, (L/H) back fist, (R/M) reverse punch, (L/M or H) #1 round kick
2. Left foot steps to left to evade a punch
 - a. (R) Horizontal spear hand, right foot adjusts distance, (L) repeat round kick, (R) spin crescent kick, (L) #1 or #3 side kick
3. Move right foot to right to evade kick
 - a. (R/M) reverse punch, (L/H) punch, (R/H) ridge hand strike, (L/H) ridge hand strike, (L/M) knife hand, Left foot steps to right, (R) #1 jump side kick

Purple:

1			2			3	
L	Outer forearm block	H	R	#1 Jump round	H	R	#4 Hook kick H
L	#1 hook kick	H	L	low block	L	R	outer forearm block H
R	reverse punch	M	L	#2 round kick	H	L	reverse punch H
R	#2 jump round	M	L	back fist	H	L	low block L
R	Knife hand	H	R	reverse punch	M	L	out forearm block H
L	Ridge hand	M	L	Punch	H	L	#2 jump front kick M
			L	Step reverse Hook kick/ Round kick	H		

1. Left sparing stance
 - a. (L/H) Outer forearm block, (L/H) #1 hook kick, (R/M) reverse punch, (R/H) #2 jump round, (R/H) knife hand, (L/M) ridge hand (2-2-2)
2. Right sparing stance
 - a. (R/H) #1 Jump round, (L/L) low block, (L/H) #2 round kick, (L/H) back fist, (R/M) reverse punch, (L/H) punch, (L/H) step reverse Hook kick/Round kick (3-3-3)
3. Left sparing stance
 - a. (R/H) #4 Hook kick, (R/H) outer forearm block, (L/H) reverse punch, (L/L) low block, (L/H) out forearm block, (L/M) #2 jump front kick **PLO**

Blue:

1			2		3			
L	#1 Outer crescent	H	R	#2 side kick	M	R	Punch	H
R	outer forearm block	H	L	Jump spin outer crescent kick	H	R	knife hand	H
L	punch	H	R	punch	H	L	spin back fist	M
R	reverse punch	M	L	reverse punch	H	L	spin hook kick	H
L	low block	L	R	horizontal palm heel	H	R	round kick	H
R	Jump spin outer crescent kick	H	R	#3 jump outer crescent kick	H	R	hook kick	H
L	Back fist	M				L	reverse side kick	M
R	reverse punch	H				L	#3 jump side	M
R	Back fist	H						
L	punch	M						

1. Left sparing stance

- a. (L/H) #1 Outer crescent, (R/H) outer forearm block, (L/H) punch, (R/M) reverse punch, (L/L) low block, (R/H) jump spin outer crescent kick, (L/M) back fist, (R/H) reverse punch, (R/H) back fist, (L/M) punch

2. Left sparing stance

- a. (R/M) #2 side kick, (L/H) Jump spin outer crescent kick, (R/H) punch, (L/H) reverse punch, (R/H) horizontal palm heel, (R/H) #3 jump outer crescent kick

3. Right sparing stance

- a. (R/H) Punch, (R/H) knife hand, (L/M) spin counter clockwise back fist, (L/H) spin hook kick, (R/H) #1 round kick/hook kick continuous, (L/M) reverse side kick, (L/M) #3 jump side