

1st TAG BROWN BELT

1. Hop Kuin Do Hand Sequence
2. Hop Kuin Do Kicking Sequence
3. Backfist – jumping spinning backfist – uppercut – hook
4. Front kick (back leg) -jab – reverse
5. Hopping hook kick, roundhouse kick (same leg) – backfist reverse
6. Hopping front kick, roundhouse kick (same leg) – spinning hook – backfist – reverse
7. Front kick to head – side kick to head
8. One step, side kick to knee- leg sweep (same leg) – dropping reverse punch
9. Jumping spinning back kick.
10. All jumping kicks

1 – 10 Blocking Routine

SPARRING

Street Self Defence 1 to 10

Control & Restraint 1 to 10

4 Weapons self defence

SHADOW BOXING_ - BAG WORK

HORSE STANCE & PUNCHES

KATA KUSHANKU