

## 2<sup>nd</sup> TAG BROWN BELT

1. Hop Kuin Do hand Sequence (Tension Power Speed )  
Left and Right Stance
2. Hop Kuin Do kicking sequence
3. Sliding twisting jab
4. Back kick/ Roundhouse kick (same leg) reverse punch
- 5 .Sliding side kick - front leg, next leg side kick/roundhouse kick (same leg) – spinning hook
6. Jumping roundhouse/ hook kick same leg
- 7 .Jumping front kick – roundhouse – spinning hook kick- backfist – reverse punch
8. One step jab – reverse- front kick- side kick – back kick- backfist - reverse
9. All basic and advanced jumping kicks.

1 – 10 Blocking Routine

### SPARRING

Street Self Defence 1 to 10

Control & Restraint 1 to 10

2 weapons self defence

**SHADOW BOXING – BAG WORK**

**HORSE STANCE & PUNCHES**

**ALL KATAS**