

3rd TAG BROWN BELT

- 1 Hop Kuin Do Hand & Kick Sequence Both Stances
 2. Sliding side kick/ hook (both kicks same leg)
 3. 3 kicks off back leg, front, side, hook – back kick – reverse
 4. Jumping front kick - roundhouse – spinning hook – jumping back kick
 5. Front kick (back leg) right cross – reverse – roundhouse kick
 6. Reverse sweep - axe kick (same leg)
 7. Roundhouse kick/sweep same leg – dropping reverse
 8. Jumping roundhouse – spinning hook kick
 9. Sliding reverse, step through foot sweep – roundhouse kick – reverse punch
 - 10 .Backfist – dropping spinning elbow strike
 11. Jumping , spinning back kick.
 12. All basic and advanced jumping kicks
- 1 – 10 Blocks both stances

SPARRING COMPETENT REFEREE SEMI & LIGHT

Create 4 empty hand street self defence
Create 4 street defences against weapons
SHADOW BOXING- BAG WORK –
HORSE STANCE & PUNCHES