

# BASICS

## Warm-Ups

Center Body Crunch Set

Shoulder height knife hands

Over the knee knife hands

High/low knife hands

Downward backfists

Rising backfists

Reverse punch

Diagonal punch

Slow motion front kick

Two-part front kick

Continuous front kicks

Slow motion side kick

Two-part side kick

Continuous side kicks

**Angles** (each angle is applied to 6 locations)

Front foot

Back foot

Scooting

One knee down

Crane

Crossover

Two step

## Kicks

- Wall kicks –

Kicks in the air including low/high roundhouse and hook/flip

- Series Kicks –

Front/front

Side/side, front/side/back

Front/front/side/back, etc.

- Series 8 Kicks –

Front, front, round, back, hook, side inside crescent, outside crescent.

## 12 Fists

12 Fists

12 Fists, Variations

12 Fists, Combinations