

# Green Belt 8<sup>th</sup> Kyu

## Punches

- Basic Punching Drills
- Slide forward jab cross
- Slide forward 4 punches

## Kicks

- Front kick
- Roundhouse kick
- Double Roundhouse kick
- Crescent Kicks
- Spinning Kicks (down room)
- Knees

## Combinations

- 2 Punches, 2 Front kicks
- 2 Punches, 2 Roundhouse kicks
- 2 Punches, Right Front, Left Round
- 2 Punches, Right Round, Left Front
- Slide forward, 4 Punches, Right Roundhouse kick
- Slide forward, 4 Punches, Left Roundhouse kick
- Left front kick, 2 Punches, Right Roundhouse kick
- Left front kick, 2 Punches, Left Roundhouse kick
- Fitness Drills

## Kata

- Shoshin Kata
- First 4 movies of Shoshin kata with partner attacking