

Green White Stripe 9th Kyu

Punches

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

Kicks

- Front kick
- Roundhouse kick
- Double Roundhouse kick
- Crescent Kicks
- Knees

Combinations

- 2 Punches, 2 Front kicks
- 2 Punches, 2 Roundhouse kicks
- 2 Punches, Right Front Left Round
- 2 Punches, Right Round Left Front
- Fitness Drills

Kata

- Shoshin Kata