

CYCLE #1. JAN 8 - MAR 9, 2024

INTERMEDIATE DITTY SHEET

One Step #1

1. Knife Hand
2. Punch
3. Grab
4. Step
5. Grab
6. Look
7. Sweep
8. Punch

One Step #2

1. Knife Hand
2. Upper Cut
3. Grab
4. Grab
5. Pull
6. Step
7. Cinch
8. Lift
9. Lock

Sparring Combo #1

1. Backfist
2. Reverse Punch
3. Roundhouse Kick
4. Outside Crescent Kick
5. Reverse Punch

Sparring Combo #2

Yellow Belt

1. Roundhouse Kick
2. Backfist
3. Reverse Punch
4. Inside Crescent Kick
5. Reverse Punch

Sparring Combo #2

Orange Belt

1. Roundhouse Kick
2. Backfist
3. Reverse Punch
4. Hook Kick
5. Reverse Punch

Self-Defense #1

(Double Lapel Grab)

1. Clear
2. Palm Heel
3. Open
4. Grab
5. Step/Squat
6. Lean/Lift
7. Throw
8. Punch

Self-Defense #2

(Rear Bear Hug,
Arms In)

1. Stomp Stomp
2. Lift
3. Elbow
4. Hammer Fist
5. Step
6. Grab
7. (Same Time)
Lean/Lift/Knee
8. Push
9. Pass/Punch



QR code Youtube
Cycle #1 Jan 8 - Mar 9



QR code Ditty Sheet
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