

# R1 CY2. Mar 18 - May 18, 2024

## INTERMEDIATE DITTY SHEET

### One Step #3

1. Block
2. Grab
3. Knifehand Strike
4. Elbow
5. Underhook
6. Step/Step
7. Throw
8. Punch

### One Step #4

1. Block
2. Grab
3. Backfist
4. Grab/Grab
5. Z Lock
6. Grab
7. Shuffle
8. Sweep
9. Punch

### Sparring Combo #3

1. Backfist
2. Reverse Punch
3. Inside Kick
4. Hop Downward heel kick
5. Backfist
6. Reverse Punch

### Sparring Combo #4

1. Slide Up Round Kick
2. Backfist
3. Double Punch
4. Lead Leg Side Kick
5. Reverse Punch
6. Outside Kick

### Self-Defense #3

1. Crash
2. Elbow
3. Underhook
4. Cross Face
5. Tres Rodillas
6. Step
7. Thread
8. Punch
9. Knee
10. Figure 4-Lock

### Self-Defense #4

1. Lean
2. Elbow
3. Figure 4-Lock
4. Step
5. Underhook
6. Cross Face
7. Step Back
8. Tres Rodillas
9. Step
10. Thread
11. Post
12. Knee & Mount



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