

CYCLE #1. JAN 8 - MAR 9, 2024

ADVANCED DITTY SHEET

One Step #1

1. Knife Hand
2. Punch
3. Grab
4. Step
5. Grab
6. Look
7. Sweep
8. Step
9. Step
10. Sit
11. Lay
12. Squeeze
13. Lift

One Step #2

1. Knife Hand
2. Upper Cut
3. Grab
4. Grab
5. Pull
6. Step
7. Cinch
8. Lift
9. Lock
10. Drive
11. Pass
12. Bend
13. Knee
14. Pass

Sparring Combo #1

1. Backfist
2. Reverse Punch
3. Roundhouse Kick
4. Outside Crescent Kick
5. Back Kick
6. Reverse Punch
7. Jab
8. Spin Hook Kick

Sparring Combo #2

1. Roundhouse Kick
2. Backfist
3. Reverse Punch
4. Hook Kick
5. Back Kick
6. Jump Downward Heel Kick
7. Reverse Punch



QR code
Youtube
Cycle #1
Jan 8 -
Mar 9



QR code
Ditty Sheet
Cycle #1
Jan 8 -
Mar 9

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
9. Step
10. Step
11. Lay
12. Squeeze
13. Lift

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
10. Grab
11. Step
12. Sit
13. Lay
14. Squeeze
15. Lift