

CYCLE #1. JAN 8 - MAR 9.

BASIC DITTY SHEET

One Step #1

1. Step
2. Block
3. Punch

One Step #2

1. Block
2. Step
3. Upper Cut

Sparring Combo #1

1. Backfist
2. Reverse Punch
3. Roundhouse Kick

Sparring Combo #2

1. Roundhouse Kick
2. Backfist
3. Reverse Punch

Self-Defense #1 (Double Lapel Grab)

1. Clear
2. Palm Heel
3. Open
4. Turn
5. Push
6. Front Kick
7. Punch

Self-Defense #2 (Rear Bear Hug Arms In)

1. Stomp Stomp
2. Lift
3. Elbow
4. Hammer Fist
5. Turn
6. Push
7. Front Kick
8. Punch



QR code Youtube
Training Video
Cycle #1 Jan 8 -
Mar 9, 2024



QR code Ditty Sheet
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