

R1 CY2. Mar 18 - May 18, 2024

BASIC DITTY SHEET

One Step #3

1. Block
2. Grab
3. Knife hand
4. Elbow

One Step #4

1. Block
2. Grab
3. Upper Cut

Sparring

Combo #3

1. Backfist
2. Reverse Punch
3. Inside Kick

Sparring

Combo #4

1. Slide Up Round Kick
2. Backfist
3. Double Punch

Self-Defense #3

(Single Left
Lapel Grab)

1. Crash
2. Elbow
3. Under Hook
4. Cross Face
5. Tres Rodillas

Self-Defense #4

(Rear Bear Hug
Arms Out)

1. Lean
2. Break
3. Figure 4-Lock
4. Under Hook
5. Cross Face
6. Tres Rodillas



QR code

www.sktzd.com Ditty and Video Link