

# R1 CY3. May 27 - Aug 10, 2024

## ADV DITTY SHEET

### One Step #5

1. Block
2. Grab
3. Elbow
4. Grab
5. Side Kick
6. Step/Punch
7. Clear
8. Lean/Lift
9. Take Down
10. Punch
11. Block/Grab
12. Post/Shrimp
13. Heel/Hook
14. Grab/Push
15. Clear
16. Knee
17. Punch
18. Step/Punch

### One Step #6

1. Block
2. Step
3. Punch
4. Grab
5. Side Kick
6. Block
7. Hook
8. Step/Step
9. Throw
10. Knee/Punch
11. Step
12. Kneel
13. Lock

### Sparring Combo #5

1. Front Kick
2. Reverse Punch
3. Side Kick
4. Round Kick
5. Reverse Punch
6. Hook Kick
7. Back Kick
8. Reverse Punch
9. Jump Round Kick

### Sparring Combo #6

1. Jab
2. Cross
3. Step Inside Kick
4. Shuffle Side Kick
5. Reverse Punch
6. Hop Hook Kick
7. Outside Kick
8. Left Tornado Kick

### Self-Defense #5

#### Rear Shoulder Grab

1. Block
2. Grab
3. Elbow
4. Arm Bar
5. Cross Face
6. Step Back
7. Tres Rodillas
8. Clear
9. Arm Bar
10. Punch

### Self-Defense #6

#### Head Lock

1. Grab
2. Hook
3. Lift/Pull/Step
4. Bone Bridge
5. Knee
6. Lift
7. Grab/Punch
8. Grab
9. Step/Punch



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