

R1 CY3 May 27 - Aug 10, 2024

BASIC DITTY SHEET

One Step #5

1. Block
2. Grab
3. Elbow

One Step #6

1. Block
2. Step
3. Punch

Sparring Combo #5

1. Front Kick
2. Reverse Punch
3. Side Kick

Sparring Combo #6

1. Jab
2. Cross
3. Step Inside Kick

Self-Defense #5 (Rear Shoulder Grab)

1. Block
2. Grab
3. Elbow

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 Step
Punch



QR code

www.sktzd.com Ditty and Video Link