

R1 CY3. May 27 - Aug 10, 2024

INT 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

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

Sparring

Combo #5

1. Front Kick
2. Reverse Punch
3. Side Kick
4. Round Kick
5. Reverse Punch
6. Hook Kick

Sparring

Combo #6

1. Jab
2. Cross
3. Step Inside Kick
4. Shuffle Side Kick
5. Reverse Punch
6. Hop Hook 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

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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