

## **11<sup>TH</sup> KYU- WHITE / RED BELT**

### **PUNCHES**

- 1.SNAP PUNCH
- 2.REVERSE PUNCH
- 3.BACK FIST (FRONT ARM)
- 4.HOOK PUNCH (FRONT ARM)

### **KICKS / COMBINATIONS**

- 1.FRONT KICK (FRONT LEG)
- 2.ROUND HOUSE KICK (FRONT LEG)
- 3.SIDE KICK (FRONT LEG)
4. FRONT KICK (FRONT LEG) SNAP AND REVERSE PUNCH

### **BAG WORK**