

PUNCHING ROUTINE

1. Attention
2. Prepare
3. Fighting stance
4. Left jab, right cross then half shuffle forward
5. Left jab, right cross, then full shuffle forward (right leg forward)
6. Right jab, left cross, turn 90 degrees right leg crosses in front of the body and then pivot 180 degrees on feet to end up in fighting stance)
7. Left jab, right cross then half shuffle forward
8. Left jab, right cross, then full shuffle forward (right leg forward)
9. Right jab, left cross, turn 90 degrees right leg crosses in front of the body and then pivot 180 degrees on feet to end up in fighting stance)
10. Finish at attention then standing strong

KICKING ROUTINE

1. Attention
2. Prepare
3. Fighting stance
4. Right leg front kick, left leg half step
5. Right leg round house
6. Left leg front kick, right leg half step
7. Left leg round house, turn 180 degrees (finish in fighting stance)
8. Left leg front kick, left leg half step
9. Left leg round house
10. Right leg front kick, left leg half step
11. Right leg round house, turn (180 degrees (Finish in fighting stance)
12. Finish at attention then standing strong

COMBINATION ROUTINE

1. Attention
2. Prepare
3. Fighting Stance
4. Left leg forward/Left lunging jab
5. Right front kick
6. Right cross, left jab with right leg forward
7. Left roundhouse into side stance
8. Half shuffle/step behind with right leg moving (point heel to forward position)
9. Left back fist, retract hand and..
10. Left side kick turning 180 degrees
11. Fighting Stance (start as above with opposite techniques)
12. Right leg forward/Right lunging jab
13. Left front kick
14. Left jab/right cross
15. Right roundhouse
16. Half shuffle/step behind with left leg (point heel to forward position)

17. Right back fist, retract hand and...
18. Right side kick turning 180 degrees , face starting position.
19. Finish
20. Stand Strong