



**K.I.C.K.S.**

**Kids In Christian Karate School**

***Giving kids a fighting chance...***

### **Brown Belt Kicking and Punching Combinations**

- Spinning Outside Crescent- Reverse Punch-Back Leg Roundhouse- Reverse Punch
- Step in Side Kick- Jump Side Kick-Reverse Punch- Turn and Repeat
- Jump Back Leg Roundhouse-Spinning Hook Kick- Reverse Punch- Turn and Repeat
- Back Fist- Reverse Punch- Back Leg Front Kick- Roundhouse- Spinning Side Kick- Back Ridge Hand-Turn and Repeat

### **Matthew 5:3-12**

<sup>3</sup> Blessed are the poor in spirit: for theirs is the kingdom of heaven.

<sup>4</sup> Blessed are they that mourn: for they shall be comforted.

<sup>5</sup> Blessed are the meek: for they shall inherit the earth.

<sup>6</sup> Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

<sup>7</sup> Blessed are the merciful: for they shall obtain mercy.

<sup>8</sup> Blessed are the pure in heart: for they shall see God.

<sup>9</sup> Blessed are the peacemakers: for they shall be called the children of God.

<sup>10</sup> Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

<sup>11</sup> Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

<sup>12</sup> Rejoice and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

7th Kata - Ping 4 - Pyong Ahn Sa Dan