



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

**Kids In Christian Karate School**

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

### Gold Belt Kicking and Punching Combinations

- Lunge Back Fist – Reverse Punch – Slide Up Roundhouse – Turn and Repeat
- Lunge Back Fist – Reverse Punch – Ridge Hand – Turn and Repeat
- Lunge Back Fist – Step In Front Leg Front Kick – Reverse Punch – Turn and Repeat
- Back Fist – Step In Side Kick – Back Fist – Reverse Punch
- Back Fist- Slide Up Roundhouse-Back Fist-Reverse Punch- Turn and Repeat
- Back Fist – Reverse Punch – Back Leg Front Kick - Back Leg Roundhouse – Back Ridge Hand – Turn and Repeat

### **John 3:16-17**

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. 17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

2nd Kata - Kee Cho Hyung Ee Bu