



K.I.C.K.S.

Kids In Christian Karate School

Giving kids a fighting chance...

Blue Belt Kicking and Punching Combinations

- Back Fist – Reverse Punch – Step In Jump Spinning Side Kick – Reverse Punch – Switch-Turn and Repeat
- Reverse Punch – Step In Spinning Side Kick – Step In Front Leg Side Kick- Reverse Punch - Switch – Turn and Repeat
- Step In Hook Kick – Back Leg Roundhouse – Spinning Side Kick – Reverse Punch – Turn and Repeat
- Step In Front Leg Roundhouse – Spinning Side Kick – Back Leg Roundhouse – Back Ridge Hand – Turn and Repeat

Deuteronomy 6:5-9

5 And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

6 And these words, which I command thee this day, shall be in thine heart:

7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

8 And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes.

9 And thou shalt write them upon the posts of thy house, and on thy gates.

5th Kata - Ping 2 - Pyong Ahn Ee Dan