



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

**Kids In Christian Karate School**

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

### Green Belt Kicking and Punching Combinations

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

### **Psalm 23**

1 The Lord is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me down the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.

4th Kata - Ping 1 - Pyong Ahn Cho Dan