



**K.I.C.K.S.**  
**Kids In Christian Karate School**  
*Giving kids a fighting chance...*

### Orange Belt Kicking and Punching Combinations

- Back Fist – Reverse Punch – Back Leg Axe Kick – Switch – Turn and Repeat
- Step In Hook Roundhouse -Back Fist – Reverse Punch – Turn and Repeat
- Back Fist – Back Leg Inside Crescent – Side Kick – Switch – Turn and Repeat
- Step In Outside Crescent – Back Fist – Reverse Punch – Turn and Repeat
- Step In Hook Roundhouse – Spinning Hook Kick – Reverse Punch – Switch – Turn and Repeat
- Spinning Outside Crescent – Reverse Punch – Back Leg Roundhouse – Turn and Repeat

### **Jeremiah 29:11-13**

11 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.

13 And ye shall seek me, and find me, when ye shall search for me with all your heart.

3rd Kata - Kee Cho Hyung Sam Bu