



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

**Kids In Christian Karate School**

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

## Yellow Belt Kicking and Punching Combinations

### **Get into fighting stance**

- Back fist-Lunge Backfist- Turn and Repeat
- Reverse Punch-Lunge Reverse Punch- Turn and Repeat
- Front Leg Front Kick – Step In Front Leg Front Kick – Back Leg Front Kick – Switch – Turn and Repeat
- Roundhouse – Slide Up Roundhouse – Back Leg Roundhouse – Switch – Turn and Repeat
- Side Kick – Step In Side Kick – Back Leg Side Kick – Switch – Turn and Repeat

### **The Lord's Prayer**

Our Father, which art in heaven,  
Hallowed be thy Name.  
Thy Kingdom come.  
Thy will be done in earth,  
As it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive them that trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever.  
Amen

1st Kata - Kee Cho Hyung Cho Bu