



Form

Ul-Ji

Combos

- 1. Jump front kick- back fist- step through spin back fist**
- 2. Ridge hand- spin side kick- back fist**
- 3. Step in roundhouse kick- rechamber side kick- back fist- cross**
- 4. Skip in side kick- spin side kick- back fist- superman punch**

Kicks

- 1. Jump Spin Back Kick**
- 2. Tornado Kick**
- 3. Jump Spin Inside-Out Crescent Kick**
- 4. Jump Spin Roundhouse Kick**

45 Hours of Teaching/Assisting Every Year

Creative Form with Music

Creative Board Breaking

INTENSITY