



## **Form**

**Po-Un & Se-Jong**

## **Combos**

1. Front kick- back fist- reverse stance- hammer fist- elbow
2. Back fist- sweep to back of knee- reverse punch
3. Inside out crescent kick- toe touch roundhouse kick
4. Front kick- 2<sup>nd</sup> leg roundhouse kick- spin side kick

## **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**