



Form

Toe-San

Combos

- 1. Front kick- back fist**
- 2. Front kick- front kick- reverse punch**
- 3. Back fist- spin back fist**
- 4. Forward punch- reverse punch- front kick**

Kicks

- 1. Jump Front Kick**
- 2. Jump Roundhouse Kick**
- 3. Jump Outside-In Crescent Kick**
- 4. Jump Inside-Out Crescent Kick**

Stances