



Form

Ti-Gye

Combos

- 1. Back fist- sweep to back of knee (roundhouse & hook kick)**
- 2. Step in roundhouse kick- forward punch**
- 3. Ridge hand chop- spin back fist**
- 4. Jab- cross- rear leg roundhouse kick**

Kicks

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

Board Break with KICK

INTENSITY