



World Class Institute of Martial Arts

Red Belt Basic Action Combinations *(purple=b.belt add ons)*

1	High Block Reverse Middle Punch Low Block <i>Step Ridge hand</i>	No stepping in between. All in Front Stance.
2	Middle Punch Reverse Middle Punch Side Hammer fist (Horse rider Stance) <i>Lead Leg Ax Kick</i>	“rotate” after hammer fist, to ax kick
3	Side Punch Side Block Fighting Stance Reverse Punch <i>Plier Hand Back Stance</i>	No stepping in between. Slide back after reverse punch, to Plier hand.
4	Two Fist Block Front Stance Outside-Inside High Side Hand Attack Low Knife Block Fighting Stance <i>Knee Kick, Step Ridge hand</i>	No stepping in between until BB add-on. All in Front Stance.
5	Reverse X Block High (Front Stance) Side Knife hand Strike (Front Stance) Ridge hand Strike (Front Stance) <i>Spinning Heel Kick</i>	If starting X Block w/RH on top, then LH side-knife, RH ridge. “Heel kick” is a kick to opponent’s (now on ground) face.
6	Outside-Inside Block Reverse Supported Outside-Inside Block Elbow Strike-Back <i>Step, Elbow Over</i>	No stepping in between. Place their elbow in shoulder notch lift their elbow upward relieve goose neck pressure (for partners safety)



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7	Defense Punch (open hand strike, reverse HIGH punch) Side Block Lead Leg Snap Kick, Elbow Block	No stepping in between. Twist to front stance on defense punch. BB add-on is like pyong ahn sam dan elbow block. Head throw
8	Back Kick High Block Reverse Punch Continue with #9	2 on 1 optional regrip wrist
9	Front Snap Kick Round House Kick Back Kick	Continued 8
10	Turning Side Kick Jump Side Kick Back Kick	2 on 2 Regrip both wrists Maintain the initial kicking side grip
11	Round House Kick Jump Front Kick Back Kick	2 on 1 round kick Same leg "pop up" front kick Back kick
12	Inside Pivot Kick Step, then Knee Kick Turning Hook Kick	2 on 2 regrip both wrists inside pivot kick Pull into knee kick Turning hook to sweep one or both legs

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