

World Class Institute of Martial Arts

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

1	High Block Reverse Middle Punch Low Block Step Bidge hand	No stepping in between. All in Front Stance.
2	Step Ridge hand Middle Punch Reverse Middle Punch Side Hammer fist (Horse rider Stance) Lead Leg Ax Kick	"rotate" after hammer fist, to ax kick
3	Side Punch Side Block Fighting Stance Reverse Punch Plier Hand Back Stance	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 Knee Kick, Step Ridge hand	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) Spinning Heel Kick	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 Step, Elbow Over	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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Red Belt Basic Action Combinations (purple=b.belt add ons)

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

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

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