THE EDGE MARTIAL ARTS TOWANDA, PA

FREE-STYLE PUNCH-KICK-COMBOS

BELT	1	2	3	4	5	6	7	8	9	10	
WHITE	Lead/Straight										Lead/Straight
YELLOW	Lead/Straight										Lead/Straight
SLIME	Lead/Straight										Lead/Straight
TEAL	Lead/Straight										Lead/Straight
PURPLE	Lead/Straight										Lead/Straight
SILVER	Lead/Straight										Lead/Straight

Tips:

1. **Look up**
2. **Have high energy**
3. **Be loud!**
4. **Make sure your foot positions are correct on all kicks**
5. **Do not add any kicks, rolls, cartwheels, or other techniques until you have mastered them.**