FREE-STYLE PUNCH-KICK-COMBOS

BELT		1	2	3	4	5	6	7	8	9	10	
WHITE	Lead/Straight											Lead/Straight
ORANGE	Lead/Straight											Lead/Straight
GREEN	Lead/Straight											Lead/Straight
BLUE	Lead/Straight											Lead/Straight
RED	Lead/Straight											Lead/Straight
BLACK	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.												