



K.I.C.K.S.
Kids In Christian Karate School
Giving kids a fighting chance...

Brown Belt Kicking and Punching Combinations

- ◆ **Spinning Back Outside Crescent Kick – Reverse Punch – Back Leg Roundhouse – Reverse Punch – Turn and Repeat**
- ◆ **Step In Side Kick – Jump Side – Reverse Punch – Turn and Repeat**
- ◆ **Back Leg Jump Roundhouse – Spinning Hook Kick – Reverse Punch – Turn and Repeat.**
- ◆ **Back Fist – Reverse Punch – Back Leg Front Kick – Roundhouse – Spinning Side Kick – Back Ridge Hand – Turn and Repeat**

Matthew 5:3-12

³ Blessed are the poor in spirit: for theirs is the kingdom of heaven.

⁴ Blessed are they that mourn: for they shall be comforted.

⁵ Blessed are the meek: for they shall inherit the earth.

⁶ Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

⁷ Blessed are the merciful: for they shall obtain mercy.

⁸ Blessed are the pure in heart: for they shall see God.

⁹ Blessed are the peacemakers: for they shall be called the children of God.

¹⁰ Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

¹¹ Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

¹² Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.