



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

Gold Belt Kicking and Punching Combinations

- ◆ **Lunge Back Fist, Reverse Punch – Slide Up Roundhouse
Turn and Repeat**
- ◆ **Lunge Back Fist – Reverse Punch – Ridge Hand
Turn and Repeat**
- ◆ **Lunge Back Fist – Step In Front Leg Front Kick -
Reverse Punch – Turn and Repeat.**
- ◆ **Back Fist – Step In Sidekick – Back Fist Reverse Punch
Turn and Repeat**
- ◆ **Back Fist – Slide Up Roundhouse – Back Fist Reverse
Punch – Turn and Repeat**
- ◆ **Back Fist – Reverse Punch – Back Leg Front Kick – Back Leg
Roundhouse – Back Ridge Hand – Turn and Repeat**

John 3:16-17

¹⁶ For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

¹⁷ For God sent not his Son into the world to condemn the world; but that the world through him might be saved.