



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

Green Belt Kicking and Punching Combinations

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

Psalm 23

The LORD is my shepherd; I shall not want. ² He maketh me to lie down in green pastures: he leadeth me beside the still waters. ³ He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. ⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. ⁵ Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. ⁶ Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.