



**K.I.C.K.S.**

**Kids In Christian Karate School**

*Giving kids a fighting chance...*

## **Orange Belt Kicking and Punching Combinations**

- ◆ **Back Fist, Reverse Punch – Back Leg Axe Kick – Switch Turn and Repeat**
- ◆ **Step In Hook Roundhouse – Back Fist, Reverse Punch Turn and Repeat**
- ◆ **Back Fist – Back Leg Inside Crescent – Side Kick – Switch Turn and Repeat.**
- ◆ **Step In Outside Crescent – Back Fist, Reverse Punch Turn and Repeat**
- ◆ **Step In Hook Kick – Roundhouse – Spin Hook Kick – Reverse Punch – Switch – Turn and Repeat**
- ◆ **Spinning Outside Crescent – Reverse Punch – Back Leg Roundhouse – Turn and Repeat**

### **Jeremiah 29:11-13**

<sup>11</sup> For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. <sup>12</sup> Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. <sup>13</sup> And ye shall seek me, and find me, when ye shall search for me with all your heart.