



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

Yellow Belt Kicking and Punching Combinations

Stepping into Fighting Stance:

- ◆ **Back Fist – Lunge Back Fist
Turn and Repeat**
- ◆ **Reverse Punch – Lunge Reverse Punch
Turn and Repeat**
- ◆ **Front Leg Front Kick – Step In Front Leg Front Kick
Back Leg Front Kick – Switch – Turn and Repeat.**
- ◆ **Roundhouse – Slide Up Roundhouse – Back Leg
Roundhouse – Switch – Turn and Repeat**
- ◆ **Side Kick – Step In Side Kick – Back Leg Side Kick
Switch – Turn and Repeat**

Matthew 6:9-13 Lord's Prayer

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever and ever. Amen.