



KICK COMBINATIONS

- Spin Crescent, Jump Round Kick, Spin Swing (360), Pop Crescent (360)
 - Shuffle Ax, Jump Round Kick, Tornado-Pop Hook, Jump Front Kick
 - Swing/Round (High), Side (Low), Ax Kick (Land In Front), Bounce Round Kick (High), Front Side Spin Crescent (540)
 - Spin Swing, Tornado, Dragon Tail, Autobahn, Jump Round Kick
 - Scoot, Tornado, Hook, Butterfly
 - Create Combo: 4-6 Techniques
 - Create Combo: 6-8 Techniques
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KICKBOXING COMBINATIONS

- Double Jab, Cross, Shuffle Knee, Elbow, Hook, Uppercut
- Double Jab, Cross, Shuffle Round Kick, Cross, Upper, Turn Round Kick
- Jab, Def Front, Jab, Shuffle Round, Cross, Hook, Hook
- Jab, Cross, Jab, Def Round, Cross, Turn Round
- Jab, Upper, Hook, Hook, Body Hook, Back Leg Knee, Cross, Upper, Cross, Shuffle Knee, Elbow
- Made Up Combo 1 6-Hits
- Made Up Combo 2 8-Hits



PARTNER BOXING/KICKBOXING COMBINATIONS

- Step Double Jab, Cross, Roll, Cross, Rudder, Shield | Retreat/Jab Block, Slip, Roll, Hook, Slip, Rudder, Hook
 - Jab Cross Hook - Roll, Slip, Roll | Palm, Palm, Shield, Hook, Cross, Hook
 - Step Right, Cross, Body Hook, Head Hook, Cross | Left High Shield, Right Body Shield, Roll, Slip, Rudder, Hook Cross
 - Shuffle Jab, Lead Round, Cross, Hook, Cross, Shield | Rear Jab Block, Thai Shield Block (Body), Slip, Roll, Rudder, Cross
 - Step Jab, Cross, Shuffle Knee/Clinch, Body Hook, Head Hook, Shield Shield | Palm, Palm, Low X, Low Shield, Roll, Cross, Hook
 - Create Partner Drill
 - Create Partner Drill
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WEAPONS

- Bo Staff - Shushi No Kon Sho
- Compete In 2 Tournaments



CONTEMPORARY FORM

- Created By Student
 - 4 Sections In Length
 - 8-10 Punch Combos
 - Includes 4 Trick Combos Of 3-6 Techniques Per Combo
 - Compete In 2 Tournaments
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TRADITIONAL FORM

- Heian Shodan
 - Compete In 2 Tournaments
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LEADERSHIP CLASSES

- 50 Helper Classes Signed Into Kicksite
- 4 ITP Class Training Seminars
- Mentor A Novice Black And Black Belt Tester - 4 Hours Per Tester, Done In 30 Minute Sessions
- 2 Year Minimum Training Requirement as a 2nd Degree



SELF DEFENSE / GRAPPLING & GROUND DEFENSE

- Single Leg
- Double Leg
- Ankle Pick
- Lateral Drop
- Triangle Choke (Arm And Leg)
- Rear Naked Choke
- Guillotine Choke (Standing & Guard)
- Punch Choke
- Armbar From Side Mount
- Americana
- Kimura From Guard
- Scissor Sweep From Guard
- Kimura Sweep from Guard
- Straight Armbar (From Side Mount With Americana, Kimura Combo)
- Mount
- Side Mount
- Kesa-Gatame / Head Lock From The Ground
- Guard / Half Guard
- Rear Mount
- 2x 3-Minute Sparring Rounds