

CJR MARTIAL ARTS

Blue Belt Curriculum

COMBINATIONS: (Black Stripes)

1. Reverse Hook Kick, Back Leg Round Kick, Back Punch
2. Front Leg Hook Kick, Back Leg Front Kick, Reverse Hook Kick, Back Punch
3. Back Punch, Step Through Reverse Hook Kick, Back Punch
4. Back Leg Round Kick, Tornado Kick, Reverse Hook Kick, Back Ridge Hand

FORM: (Red Stripes)

Toi-Gye

