

# CJR MARTIAL ARTS

## Green Belt Curriculum

### COMBINATIONS: (Black Stripes)

1. Back Leg Front Kick, Back Leg Round Kick, Back Punch
2. Front Leg Round Kick, Step Behind Side Kick, Back Punch
3. Back Leg Round Kick, Reverse Side Kick, Back Punch
4. Back Leg Round Kick, Back Leg Round Kick, Back Ridge Hand

### FORM: (Purple Stripes)

Won-Hyo

