

CJR MARTIAL ARTS

Red Belt Curriculum

COMBINATIONS: (Black Stripes)

1. Reverse Crescent Kick, Back Punch, Back Leg Round Kick, Back Punch
2. Step Behind Side Kick, Jump Side Kick, Back Punch
3. Jump Back Leg Round Kick, Reverse Hook Kick, Back Punch
4. Front Punch, Back Punch, Back Leg Front Kick Round Kick, Reverse Side Kick, Back

FORM: (Brown Stripes)

Hwa-Rang

