

# **ADVANCED KICK COMBINATION**

## **1. For 1<sup>st</sup> Degree Black Belt Candidates**

- Skip R/House Kick, Slide Backward, and Back Side Kick
- NARAE CHA-KI, Slide Backward, and Turning R/House Kick
- R/House Kick, Slide forward Hook Kick
- Back Side Kick, Slide Backward, and Back Side Kick - 3 times
- Skip R/House Kick, Slide forward Axe Kick
- R/House Kick, then Reverse R/House Kick

## **2. For 1<sup>st</sup> Degree Black Belt**

- Same Kick Skills for 1<sup>st</sup> Degree Black Belt Candidates
- Slide forward Axe Kick, then Slide Jump backward Back Side Kick.
- Turning R/House Kick, then Reverse R/House Kick.
- Reverse R/House Kick, then 1 step change Reverse R/House Kick.

## **3. For 2<sup>nd</sup> Degree Black Belt Candidates**

- Same Kick Skills for 1<sup>st</sup> Degree Black Belt
- R/House Kick, then Jump Reverse R/House Kick
- Turning R/House Kick 2 times
- NARAE CHA-KI, then Turning Jump Axe Kick

## **4. For 2<sup>nd</sup> Degree Black Belt**

- Same as above
- Run and Jump forward Double or Triple Front Kick.
- Jump and Spread Kick to Front and Side