WHITE BELT TO YELLOW BELT

STANCES

FRONT STANCE

GUARDING STANCE/FIGHTING STANCE

SIDE STANCE

BACK STANCE

PUNCHES BLOCKS

JAB DOWN BLOCK

REVERSE PUNCH UPPER BLOCK

JAB REVERSE PUNCH COMBO KNIFE HAND BLOCK

KNIFE HAND STRIKE

KICKS

FRONT KICK SIDE KICK

ROUND KICK SCISSOR MOTION JUMP FRONT KICK

DEFENSIVE ROUND KICK

SPARRING TECHNIQUES

GRAB AND PUNCH

FAKE A BACKFIST SIDE KICK

REVERSE PUNCH ROUND KICK

FAKE A FRONT KICK ROUND KICK

PINAN 1 FITNESS

4/5 YEARS OLD 12 MOVES ON YOUR OWN 15 SIT-UPS

6/7 YEAR OLDS 12 MOVES ON YOUR OWN 25 SIT-UPS

8 & UP 24 MOVES ON YOUR OWN 25 SIT-UPS