



Form

Chung-Mu

Combos

- 1. Step in roundhouse kick- back fist- reverse punch**
- 2. Step in roundhouse kick- back fist- reverse punch- front kick**
- 3. Fake front kick- change to hook kick- change to roundhouse kick**
- 4. Step in hook kick- 2nd leg roundhouse kick**

Kicks

- 1. Jump Spin Back Kick**
- 2. Jump Spin Outside-In Crescent Kick (Tornado Kick)**
- 3. Jump Spin Inside-Out Crescent Kick**
- 4. Jump Spin Roundhouse Kick**

Board Break with KICK

INTENSITY