



## **Form**

### **Chun-Gwen**

## **Combos**

- 1. Inside out crescent kick- 2<sup>nd</sup> leg roundhouse kick**
- 2. Front kick- back fist- reverse chop**
- 3. Step in roundhouse kick- back fist**
- 4. Rear leg side kick- spin side 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 (360)**

## **INTENSITY**