



Form

Hwa-Rang

Combos

- 1. Back fist- step in side kick- back fist**
- 2. Fake back fist- lunge punch**
- 3. Back fist- reverse punch- rear leg roundhouse kick**
- 4. Rear leg side kick- spin side kick- back fist**

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