



Form

Tan-Gun

Combos

- 1. Step forward- forward punch- reverse punch**
- 2. Step forward- forward punch- reverse punch- forward punch**
- 3. Front kick land in front- forward punch**
- 4. Front kick land in front- forward punch- reverse punch**

Kicks

- 1. Spin Back Kick**
- 2. Spin Roundhouse Kick**
- 3. Spin Hook Kick**
- 4. Spin Outside-In Crescent Kick**
- 5. Spin Inside-Out Crescent Kick**