

Advanced Form Sheet for May/June 2022

Technique	Initials	Initials	Initials
Twin Inner Forearm Block			
Reverse Side Kick and rule			
Spin Side Kick and rule			
Step Reverse Side kick and rule			
Step Spin Side kick and rule			
Sparring Stance			
Twin Outer Forearm Block			
Ridge hand Strike			
Reverse Horizontal Spear Hand Strike			

Rules for New Kicks

Step: Always goes in front of you (Keep eyes on target)

Reverse: Goes behind you and half way around (take eyes of target first)

Spin: Goes behind you and all the way around (take eyes of target first land facing the same direction)

Reverse Crescent Kick			
Spin Crescent Kick			
Step Reverse Crescent Kick			
Step Spin Crescent Kick			
Jump Side Kick #1-#4			
Square Block			
Front High/Low Block			
Knifehand Block			
Reverse Horizontal Elbow Strike			

Sparring: Testing Style (3 moves back and forth), Black Belt Style (it is always my turn)

Good control (kick and punch with good control of the technique), Techniques for current rank (reverse spin and jump kicks), Blocking (show that you can block and move)

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Back Elbow Strike			
Vertical Punch			
Hook Kicks #1-#4			
Reverse Hook Kick			
Spin Hook Kick			
Step Reverse Hook Kick			
Step Spin Hook Kick			
Jump Crescent Kicks #1-#4			
Jump Round Kicks #1-#4			