

Advanced Form Sheet for November/December 2021

Technique
Crescent Kicks 1-4 Outer
Crescent Kicks 1-4 Inner
Reverse Crescent Kick
Step Reverse Crescent Kick
Spin Crescent Kick
Step Spin Crescent Kick
Jump Outer Crescent Kick 1-4
Jump Inner Crescent Kick 1-4
Jump Spin Crescent Kick and Step Jump Spin

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)

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)

Board Breaks: The 4 Board breaking techniques you will be doing at testing.

Two hand techniques and Two foot techniques

Hand techniques _____

Foot Techniques _____

Sparring

Testing Style
Black Belt Style
Tournament Style
Combat Sparring