FREE-STYLE PUNCH-KICK-COMBOS

BELT		1	2	3	4	5	6	7	8	9	10	
WHITE	Lead/Straight											Lead/Straight
YELLOW	Lead/Straight											Lead/Straight
SLIME	Lead/Straight											Lead/Straight
TEAL	Lead/Straight											Lead/Straight
PURPLE	Lead/Straight											Lead/Straight
SILVER	Lead/Straight											Lead/Straight
Tips:												
1. Look up												
2. Have high energy												
3. Be loud!												
4. Make sure your foot positions are correct on all kicks												
5. Do not add any kicks, rolls, cartwheels, or other techniques until you have mastered them.												