## FREE-STYLE PUNCH-KICK-COMBOS

| BELT | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | |
| WHITE | Lead/Straight | | | | | | | | | | | Lead/Straight |
| | | | | | | | | | | | | |
| ORANGE | Lead/Straight | | | | | | | | | | | Lead/Straight |
| | | | | | | | | | | | | |
| GREEN | Lead/Straight | | | | | | | | | | | Lead/Straight |
| | | | | | | | | | | | | |
| BLUE | Lead/Straight | | | | | | | | | | | Lead/Straight |
| | | | | | | | | | | | | |
| RED | Lead/Straight | | | | | | | | | | | Lead/Straight |
| | | | | | | | | | | | | |
| BLACK | 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.** | | | | | | | | | | | | |