

YELLOW BELT

1. 3 RULES OF CONCENTRATION
2. SELF DEFENSE STANCE
3. SPARRING STANCE
4. HORSE STANCE
5. 4 CORNER BLOCKING
6. JAB
7. CROSS
8. KNEE STRIKE
9. FRONT SNAP KICK
10. FRONT THRUST KICK

3 RULES OF CONCENTRATION

FOCUS WITH YOUR EYES

FOCUS WITH YOUR MIND

FOCUS WITH YOUR BODY, SIR!!!