Life Skill: Confidence, believing in yourself

Form Focus: Timing, Follow Through, and development of targeting

Number	Side	Technique	Stance	Target
1.	R	Right leg steps out to ready position	Parallel	
2.		Right foot steps back to	L Front Stance	
3.	L	Low Block	L Front Stance	Low
4.	R	Reverse Punch	L Front Stance	Mid
5.	R	Round Kick		
6.	R	Knife Hand Strike	R Back Stance	Neck
7.	R	#3 Jump Front Kick		Mid
8.	R	Double Outer	R Back Stance	High
9.		Turn left toward 9 o'clock		
10.	L	Double Knife Hand	L Front Stance	High
11.	R	Reverse Punch	L Front Stance	Mid
12.	R	#2 Round Kick		High
13.	R	Low Block	Middle Stance	Low
14.	R	Back Fist	Middle Stance	
15.	R	**# 3 Sidekick - Yell**		Mid or High
16.	R	Double Knife Hand	R Back Stance	High
17.		Return to ready position	Parallel	

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