

21 MOVEMENT

Students at Green belt and higher begin to use this section of the material. Green and Blue belts will start working on the first 10 moves of this movement. At purple belt, we will work on the entire series of techniques with a specific goal time.

- Purple belts will be asked to perform the material at less than 20 seconds.
- Purple Trim will be asked to perform the material at 16 seconds or less.
- Brown Belts will be asked to perform the sequence in less than 14 seconds.
- Red belts will be required to perform this sequence this at less than 12 seconds to achieve black belt.

	Defense	Attack
1	Right low block	Left low hook punch
2	Right high block	Left high hook punch
3	Left out to in block	Right straight punch
4	Left in to out block	Left straight punch
5	Right punch	Hold target
6	Right knife foot kick, setting it down forward	Hold target
7	Switch	Hold target
8	Right leg back spin	Hold target
9	Right leg turn side kick	Hold target
10	Left Round house/angle kick	Hold target
11	Switch block-end up left leg back, right hand blocks	Right round house
12	360 circulating right kick	Hold target
13	360 circulating right kick	Hold target
14	Left leg turn side kick	Hold target
15	Right round house - middle	Hold target
16	Right round house - middle	Hold target
17	Right round house - high	Hold target
18	Right out to in block	Right round house
19	Left punch	Hold target
20	Step, turn right side kick	Hold target
21	Right Chinning kick	Hold target