

Foundation Module

First Tip: _

1. Front kick (rear leg)
2. Jab
3. Cross
4. Double punch

Second Tip:

5. Defense (front foot) front kick
6. Hop step front kick

Building Module

First Tip:

1. Hop step side kick
2. Axe kick
3. Inside Axe kick
4. Outside Axe kick

Second Tip:

5. Defense (front foot) side kick

Naihanchi Shodan Module

First Tip:

1. Hop step roundhouse kick
2. Defense (front foot) roundhouse kick

Second Tip:

3. Roundhouse kick (rear leg)

Naihanchi Nidan Module

First Tip:

1. Turning back kick

Second Tip:

2. Lunging Jab punch
3. Lunging Cross punch
4. Lunging jab cross combo.
5. Back fist strike (front hand)
6. Lunging Back Fist

Naichanchi Sandan Module

First Tip:

1. Jump front kick

Second Tip:

2. Jump side kick

Tomari Seisan Module

First Tip:

1. Spinning whip kick
2. Hop step whip kick

Second Tip:

3. Defense whip Kick

Pinan Shodan Module

First Tip:

1. Hop step double roundhouse kick
2. Defense (front foot) double roundhouse kick

Second Tip:

3. Double roundhouse kick (rear leg)

Pinan Nidan Module

First Tip:

1. Hop step side - tap - side kick
2. Defense (front foot) side - tap - side kick

Second Tip:

3. Jump turning back kick

Pinan Sandan Module

First Tip:

1. Hop step hook-round kick

Second Tip:

2. Defense hook-round kick

Pinan Yondan Module

First Tip:

1. Roundhouse, same leg inside axe kick
2. Hop step roundhouse, same leg inside axe kick

Second Tip:

3. Step forward same foot hop side kick

Pinan Godan Module

First Tip:

1. Tornado roundhouse kick

Second Tip:

2. Push kick

Passai Module

First Tip:

1. Hop step fake, rear roundhouse
2. Hop step roundhouse, roundhouse (Russian dance)

Second Tip:

3. Skip back roundhouse, roundhouse (Russian dance)

Kusanku Module

First Tip:

1. Jump roundhouse kick (front leg)

Second Tip:

2. Jump roundhouse kick (rear leg)

Niseishi Module

First Tip:

1. Hop step side kick, turning back kick (one jump)

Second Tip:

2. Jump side kick, turning back kick (one jump)