

PACIFIC KICKS

MARTIAL ARTS



Gold Belt Curriculum

Combinations (1st Stripe)

1. Front punch, back punch, front ridge hand
2. Front punch, front front kick, back punch
3. Front punch, front side kick, back punch
4. Front punch, front round kick, back ridge hand

Jayoo no music w/ cadence (2nd Stripe)

Jayoo, meaning Freedom

1. Joon bee
2. To the left, fold, chop and yell
3. Back punch
4. To the right, fold, chop
5. Back punch
6. To the front, fold, chop
7. Back punch
8. Right fold, step through, chop
9. Back punch
10. Back leg front kick, land in front
11. Front punch, back punch and yell
12. To the right, fold, chop
13. Back punch
14. To the left, fold, chop
15. Back punch
16. To the front, fold, chop
17. Back punch
18. Left fold, step through, chop
19. Back punch
20. Back leg front kick, land in front
21. Front punch, back punch and yell
22. Turn 180° to the left and start over

Double Blocks and Counters (3rd Stripe)

Double Block and Counter the following:

1. Front Punch
2. Back Punch
3. Front Kick
4. Side Kick
5. Round Kick

Technical Kicks

4 Count Side Kick

1. Knee in side kick fold
2. Side kick extension and hold
3. Refold to side kick fold
4. Foot down

4 Count Round Kick

1. Chamber round kick with straight posture
 - a. Full pivot on support foot
 - b. Support knee locked
 - c. Knee pointed towards target
2. Round kick snap and refold
 - a. Kick goes all the way through target
3. Round kick snap and refold again
4. Foot down

Focus Kick

Reverse side kick

Class count

Complete at least 30 regular classes to move from Gold to Orange