No Belt Techniques

Basics

- Fighting stance
- Horse stance
- Horse stance, single/double punch
- Fighting stance, single/double punch
- (FH) Out-to-in block
- (FH) Out-to-in block, rev punch
- (FH) In-to-out block (x-cross)
- (FH) In-to-out block, rev punch
- (FH) Low block (x-cross)
- (FH) Low block, rev punch

Single Kicks (back leg)

- In-to-out kick
- Out-to-in kick
- Axe kick
- Snap kick
- Round kick
- Spin in-to-out kick

Kick Combinations

- Snap kick
- Round kick
- Snap kick, round kick
- Round kick, spin in-to-out kick
- Snap kick, round kick, spin in-to-out kick, in-to-out block (x-cross), rev punch, turn in-to-out block (x-cross), rev punch