



# USTC Martial Arts Curriculum



## Kicking Combination

<b>RANK</b>	<b>SKILL</b>
White	<ol style="list-style-type: none"><li>1. Front Snap Kick</li><li>2. Axe Kick</li><li>3. Round House Kick</li><li>4. Side Kick</li></ol>
Yellow	Front Snap kick – Round house Kick – Back Kick
Orange	Skip Side Kick – back Kick – Jumping Round house Kick
Green	Axe Kick – double Round house Kick – Jumping Back kick
Purple	Jumping Front kick – Round House Kick – Back Hook Kick
Blue	Round House Kick – Tornado Kick – Back Hook Kick
Dark Blue	Skip hook Kick – Skip Axe Kick - Spinning Hook Kick
Brown	Skip Round Kick – Double Round Kick – Jumping Back Hook Kick
Brown St	Skip in to out Axe Kick – Out to in Axe Kick – Tornado Axe Kick