



Sa Bang Chuck

Yellow	<ol style="list-style-type: none"> 1. Front Snap Kick - “Ki-Yap!” 2. Side Kick in Four directions with “Ki-Yap!” (L-R-F-B) 3. Jumping Front Snap Kick with a Double Punch “Tae Kwon!” 4. End in Kicking Stance facing Forward
Orange	<ol style="list-style-type: none"> 1. Combination (Front Snap Kick - Side Kick - Axe Kick - Reverse Punch with “Ki-Yap!”) in four directions (F-B-R-L) 2. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 3. End in Kicking Stance facing Forward
Green	<ol style="list-style-type: none"> 1. Combination (Front Snap Kick - Roundhouse Kick - Back Kick - Reverse Punch with “Ki-Yap!”) in four directions (F-B-R-L) 2. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 3. End in Kicking Stance facing Forward
Blue	<ol style="list-style-type: none"> 1. Combination (Skipping Roundhouse Kick - Double Punch - One Step Forward Back Kick - Reverse Punch with “Ki-Yap!”) in four directions (F-B-R-L) 2. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 3. End in Kicking Stance facing Forward
Purple	<ol style="list-style-type: none"> 1. Combination (Skipping Side Kick - same leg Skipping Axe Kick - Double Roundhouse Kick - Reverse Punch) in four directions (F-B-R-L) 2. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 3. End in Kicking Stance facing Forward
Red	<ol style="list-style-type: none"> 1. Combination (Skipping Hook Kick - Same Leg Roundhouse Kick - One Step Forward Back Hook Kick with “Ki-Yap!”) in four directions (F-B-R-L) 2. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 3. End in Kicking Stance with facing Forward
Brown	<ol style="list-style-type: none"> 1. Combination (Skipping Roundhouse Kick - Double Roundhouse kick Low/High - Same Leg Natabang - Reverse Punch with “Ki-Yap!”) in TWO directions (F-B) 2. Change Feet to Right Leg Forward 3. Repeat for remaining two directions leading with Right (R-L) 4. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 5. End in Kicking Stance facing Forward
Red/Black	<ol style="list-style-type: none"> 1. Combination (Jumping Roundhouse Kick - Jumping Back Kick with “Ki-Yap!”) in four directions (F-B-R-L) 2. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 3. End in Kicking Stance with facing Forward
Bo Dan (Deputy Black)	<ol style="list-style-type: none"> 1. Combination (Natabang - Back Hook Kick with “Ki-Yap!”) to the Front 2. Combination (one step forward Natabang - Back Hook Kick with “Ki-Yap!”) to the Back 3. Combination (Natabang - Back Hook Kick with “Ki-Yap!”) to the Right 4. Combination (one step forward Natabang - Back Hook Kick with “Ki-Yap!”) to the Left 5. Reverse Punch with a “Ki-Yap!” to opposite direction (R) 6. End in Kicking Stance facing Forward