



# Sa Bang Chuck

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