

## BASIC T OVERVIEW

From ready stance



4.



3.



Start

end



1.



2.

13.

Moves 1-4 low block step thru punch. 5. low block to center.



5.



6.



7.



8.

### Transition Moves



From 2-3 and 13-14



10.



11.

Three punches forward

Three punches back

repeat moves 1-4 for 12-15.

From 4-5



9.



11.

12.

From 11-12

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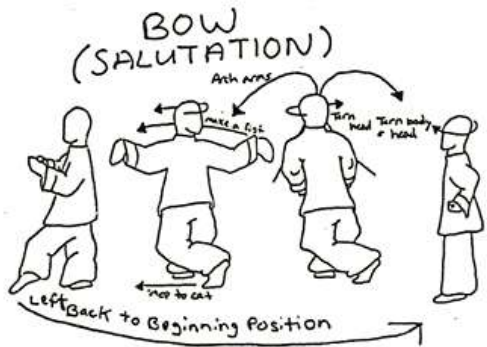
**INSTRUCTIONAL VIDEO**  
**BASIC TRAINING LEVEL 1**

#8&11 "Kia" 45 minutes COST = \$20

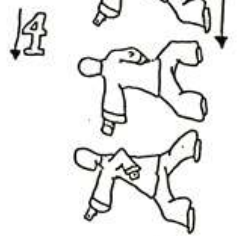
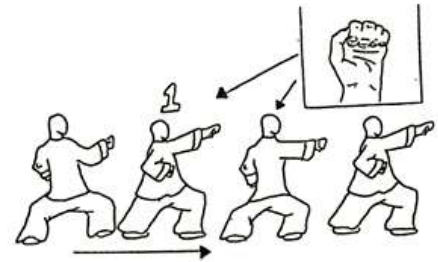
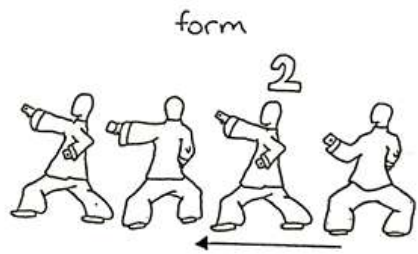
loud yell

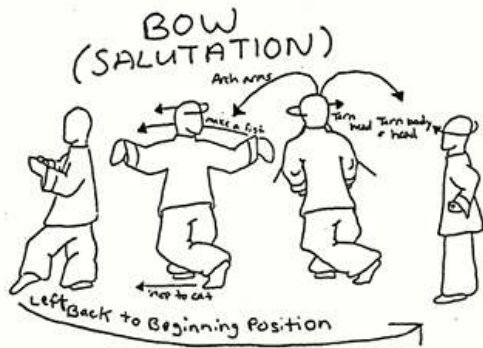


**FAMILY MARTIAL ARTS**  
*"The family that trains together gets fit and has fun together!"*



# BASIC 1





## + BASIC 2 SAME 4 Directions

