

# 1st Kyu

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*Brown Belt 3<sup>rd</sup> Tab*

## Kata

- Pinon 5
- Tsuki No Kata

## Boxing Techniques

- Jab
- Straight Left and Rights
- Hooks
- Upper Cut

## Thoery

- Changing Stances
- Playing Angles
- Punches over Kicks
- Kicks over Punches

## Kicks

- Heel Stomp
- Instep Check
- Heel Kick

## Techniques

- Knees
- Hiji (Elbows)
- Head

