

Ages 6-7

27 Essentials

- | F | P- | P | BLOCKS |
|-----------------------|-----------------------|-----------------------|------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Upward block |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Inward block |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Extended outward block |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Downward block |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Upward parry |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Inward parry |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Outward parry |

- | F | P- | P | STANCES |
|-----------------------|-----------------------|-----------------------|------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Horsestance |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Meditating horsestance |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Neutral bow |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Forward bow |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Cat stance |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Front twist stance |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Rear twist stance |

- | F | P- | P | STRIKES |
|-----------------------|-----------------------|-----------------------|---------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Straight punch |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Vertical punch |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Backfist |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Hooking backfist |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Inward hammerfist |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Outward hammerfist |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Downward hammerfist |

- | F | P- | P | KICKS |
|-----------------------|-----------------------|-----------------------|-----------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Front kick |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Side kick |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Roundhouse kick |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Back kick |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Chicken kick |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Rear knee |



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