

ADULT MARTIAL ARTS

Progress at your starting point.



KICKS

Front kicks 1-5

Practice all five variations with a deliberate stance, controlled return, and balance appropriate to your current ability.



FORM

Ki Bon

Review sequence and transitions. Slow down enough to recognize a detail and make a useful correction.



STICK COMBINATION

Three count, both sides with partners

Develop rhythm and coordination on both sides, then work with a partner during class.



SELF-DEFENSE

Wrist release and follow-up sequence

Use the other hand as taught, step back, and release toward the thumb side. Continue through backfist, ridge hand, and knee strike under instructor guidance.



BEYOND THE BELT

Move with purpose. Respond with intention.

A brief pause can improve both a technique and a conversation. This cycle, prepare your body before moving and give yourself room to choose a thoughtful response when frustration shows up.

AT HOME, TRY SAYING

"What needs my attention before I begin?"



NOTICE THE LITTLE WINS

Recognize improved control, a more consistent routine, and choosing a useful response instead of a rushed one.

HOME PRACTICE

Open-hand patterns build memory and coordination. Refine solo skills with balance and control.