## **DOJOS OF THE RISEN SON – TEN BASICS**

## (Start with left foot lead)

- 1. snap kick
- 2. side kick
- 3. roundhouse kick
- 4. outside crescent kick
- 5. knife hand strike
- 6. ridge hand strike
- 7. inside crescent kick
- 8. palm heel
- 9. middle front punch
- 10. step-through side kick

(Turn and face the other direction to begin again)