

FORM: NTI 3

ORANGE BELT REQUIRMENTS:
 F.KICK/ R.KICK/ STEP SIDE KICK/
 PRIMERY RULES 1-3:
 BREAKING : SPIN SIDE KICK
 SELF DEFENSE: 13 AND ABOVE



READY
 STANCE



1
 L.TURN 90* L
 L LONG STANCE
 L.OUTSIDE BLOCK



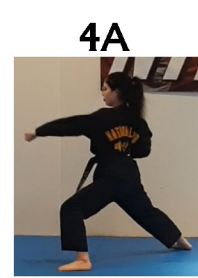
2A
 R.STEP FORWARD
 R. LONG STANCE
 R. PUNCH/ L. PUNCH



2B



3
 R TURN 180* R
 R. LONG STANCE
 R.OUTSIDE BLOCK



4A
 L.STEP FORWARD
 L LONG STANCE
 L. PUNCH/ R PUNCH



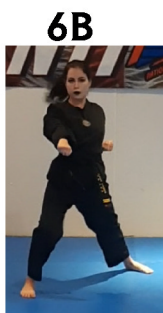
4B



5
 L TURN 90* L
 L LONG STANCE
 L.OUTSIDE BLOCK



6A
 R FRONT KICK
 R LONG STANCE
 R PUNCH



6B



7A
 L FRONT KICK
 L LONG STANCE
 L PUNCH



7B



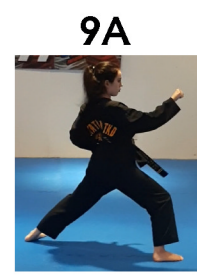
8A
 R STEP FORWARD
 R LONG STANCE
 R PUNCH/L PUNCH/R PUNCH



8B



8C



9A
 R TURN L 90*
 R LONG STANCE
 R OUTSIDE BLOCK
 L PUNCH



9B



10 A
 L FRONT KICK
 L LONG STANCE
 R PUNCH/L PUNCH



10 B



10 C



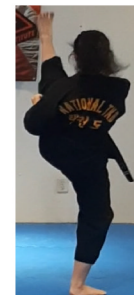
11
 L TURN L 90*
 L LONG STANCE
 L OUTSIDE BLOCK



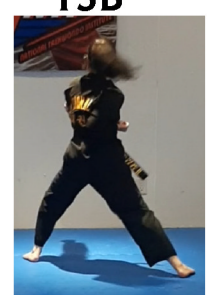
12A
 R FRONT KICK
 R LONG STANCE
 R PUNCH



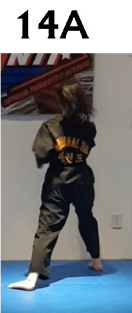
12B



13A
 L FRONT KICK
 L LONG STANCE
 L PUNCH



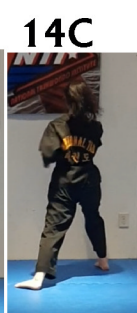
13B



14A
 R STEP FORWARD
 R LONG STANCE
 R PUNCH/L PUNCH/R PUNCH



14B



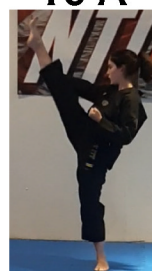
14C



15A
 L TURN L 90*
 L LONG STANCE
 L OUTSIDE BLOCK
 R PUNCH



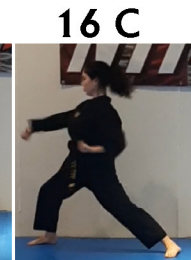
15B



16 A
 R FRONT KICK
 R LONG STANCE
 L PUNCH/R PUNCH



16 B



16 C



R COMES BACK
 READY STANCE