

# HIGH GOLD BELT

(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

FITNESS

20



## WORD OF THE BELT: **POSITIVE SELF-AWARENESS**

Winning Black Belts know who they are and where they are going. They understand themselves and their goals.



## COMBINATIONS

- 1 OFFENSIVE FRONT PUNCH, REVERSE PUNCH**
- 2 OFFENSIVE FRONT PUNCH, BUMP FRONT KICK, REVERSE PUNCH**
- 3 OFFENSIVE FRONT BACKFIST, STEP-BEHIND SIDE KICK, REVERSE PUNCH**
- 4 OFFENSIVE FRONT PUNCH, BACK-LEG FRONT KICK, REVERSE SIDE KICK, REVERSE PUNCH**



## FORM

- CHON-JI** "HEAVEN AND EARTH"

MY HIGH GOLD BELT **GOAL**

---

---

---



**TEST TIME!!** DID YOU MEET YOUR GOAL?

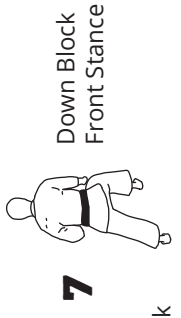
- Yes!  Not yet, still working on my goal!

2 MONTHS

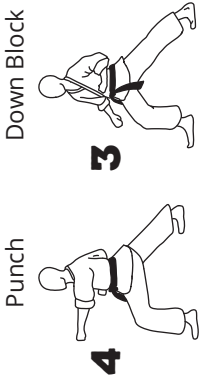




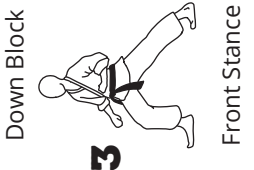
**8** Punch  
Front Stance



**7** Down Block  
Front Stance



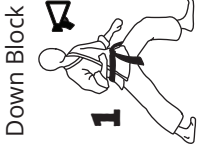
**4** Punch  
Front Stance



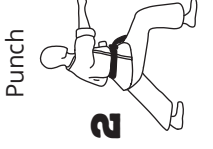
**3** Down Block  
Front Stance



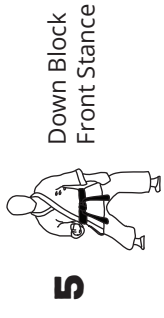
**1** Position  
Front Stance



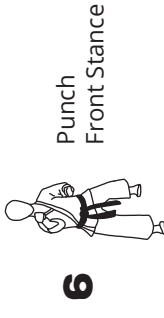
**1** Down Block  
Front Stance



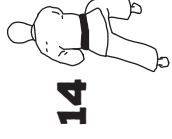
**2** Punch  
Front Stance



**5** Down Block  
Front Stance



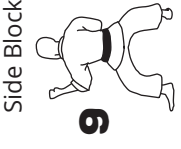
**6** Punch  
Front Stance



**14** Punch  
Front Stance



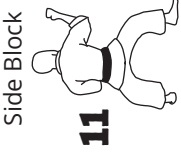
**13** Side Block  
Back Stance



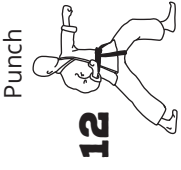
**9** Side Block  
Back Stance



**15** Side Block  
Back Stance



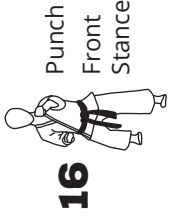
**11** Side Block  
Back Stance



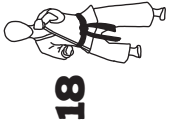
**12** Punch  
Front Stance



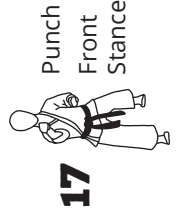
**19** Punch  
Front Stance



**16** Punch  
Front Stance



**18** Punch  
Front Stance



**17** Punch  
Front Stance

# CHON-JI

"HEAVEN AND EARTH"