



ORANGE BELT DOUBLE KICKS

(7 Heaven and Earth Kicks)



- 1) Center Toe and Side Kick
~Moving Heaven and Earth
(Groin Point Kick and Golden Bell Ram Kick)
- 2) Center Toe and Backward Side Kick
~Heaven and Earth Split
(Groin Point Kick and Backward Golden Bell Ram Kick)
- 3) Inside Kick and Outside Kick
~Yin Yang Kick
(Yin kick and Yang Kick)
- 4) Inside Kick and Side Kick Forward
~Splitting Yin
(Yin Kick and Forward Golden Bell Ram Kick)
- 5) Center Toe and High Snap Kick
~Heaven and Earth Striking Serpent
(Groin Point Kick and High Striking Serpent Kick)
- 6) Low and High Side Kick
~Heaven and Earth Ram
(Low and High Golden Bell Ram Kick)
- 7) Low Curve and Jumping Hook Kick
~Earthly Serpent, Heavenly Swallow
(Serpent in the Grass and Turning Swallow Kick)