

## **Karate in Practical Steps (K.I.P.S.)**

**Note:** These are designed to instill fundamental techniques into students at all levels. There are a total of 15 K.I.P.S. and they were designed to teach students how to effectively put combinations together while they are learning to perfect basic techniques.

- 1. Front punch, reverse punch - slide back leg up to front leg ridge hand Strike.**
- 2. Front leg front kick, front punch then reverse punch.**
- 3. Reverse punch, front punch step up front leg roundhouse kick.**
- 4. Front leg side thrust kick, front punch, front leg round house kick.**
- 5. Power slide in front leg front kick; step in behind front leg hook kick followed by front leg roundhouse without setting the leg down.**
- 6. Step up front leg outside crescent kick, front punch front leg front kick.**
- 7. Power slide in front leg front kick, step in front leg hook kick, front punch, front leg front kick.**
- 8. Front ridge hand strike followed by back leg roundhouse kick high and then low without setting the leg down.**
- 9. Front ridge hand strike followed by back leg roundhouse kick low and then high without setting the leg down.**
- 10. Front Back knuckle strike, reverse knife hand strike, back leg knee to the groin, reverse elbow strike, spinning back side kick.**
- 11. Jump back leg front kick, spinning hook kick.**
- 12. Backfist, Grab to Reverse Punch, back leg front kick, low side kick to knee.**
- 13. Front leg side kick high then low without setting the leg down, spinning back fist strike.**
- 14. Leap in back fist strike and outside crescent kick.**
- 15. Front punch step in front leg roundhouse kick, step away spin side kick.**