

CONTACT SKILLS

Week 1 /2

Week 3/4

Week 5/6

Week 7/8

WHITE BELT-SIDE KICK

YELLOW-#1 DOUBLE ROUND KICK

GREEN-BROWN-SPIN CRESCENT

RED-JUMP SPIN CRESCENT

BLACK BELTS- BUTTERFLY KICKS

STUDENT NAME:

PARENT SIGNATURE

BY SIGNING YOU ATTEST THAT YOUR STUDENTS
HAS COMPLETED 500 CONTACT SKILLS



3980 Tampa Rd, Suite 206, Oldsmar FL 34677

FINNEY'S TIGER-ROCK MARTIAL ART

www.finneystkdplus.com

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