

Children's Lesson 1

1. Place both hands in front of chest:
2. Right Punch while stepping into Right Forward Stance
3. Step back while pulling hand back
4. Left Punch while stepping into Left Forward Stance
5. Step back while pulling hand back
While both hands are still in front of chest:
6. Right Stretch Kick to the FRONT
7. Right Snap Kick to the FRONT
8. Left Stretch Kick to the FRONT
9. Left Snap Kick to the FRONT
While both hands are still in front of chest:
10. Right Snap Kick to the FRONT, followed by Right Punch
11. Left Snap Kick to the FRONT, followed by Left Punch

Children's Lesson 2

1. Place both hands in front of chest:
2. Right Punch while stepping into Right Forward Stance
3. Step back while pulling hand back
4. Left Punch while stepping into Left Forward Stance
5. Step back while pulling hand back
While both hands are in front of chest:
6. Right Stretch Kick to the SIDE
7. Right Side Thrust Kick to the SIDE
8. Left Stretch Kick to the SIDE
9. Left Side Thrust Kick to the SIDE
While both hands are in front of chest:
10. Right Side Thrust Kick to the SIDE, followed by Right Punch to Front
11. Left Side Thrust Kick to the SIDE, followed by Left Punch to Front

Children's Lesson 3 (Couple of months later)

1. Enter a Left Fighting Stance
2. Left then Right Punches, followed by Right Front Snap Kick to Front
3. Left then Right Punches, followed by Right Side Thrust Kick to Side
4. Enter a Right Fighting Stance
5. Right then Left Punches, followed by Left Front Snap Kick to Front
6. Right then Left Punches, followed by Left Side Thrust Kick to Side