



## MIAMITOWN MARTIAL ARTS

### FIGHTING FORM

- 1) Roundhouse (Right)
- 2) Reverse Sidekick (Left)
- 3) Jump Roundhouse (Right)
- 4) Skipping Backfist (Right) - **K'ihap**
- 5) Skip Hook Kick (Right)
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- 6) Skip Hook Kick (Right) into
- 7) Roundhouse Kick (Right)
- 8) Jump Reverse Sidekick (Left)
- 9) Thrusting Angle Kick (Right)
- 10) Right hand grabs, Left hand overhead  
Punch - **K'ihap**
- 11) Turn Around to your left (Left foot forward  
- Fighting Stance)
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- 12) Fake Roundhouse Kick (Right) into  
Tornado Roundhouse Kick (Right)
- 13) Back Spin Kick (Left)
- 14) Low / High Roundhouse Kick (Right)
- 15) Skipping Backfist (Right) / Punch with  
opposite hand (Left) - **K'ihap**
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- 16) Jump High Kick (Right)
- 17) Turn and Low Sweep (Left)
- 18) Jump Roundhouse Kick (Right)
- 19) Skip Sidekick (Right) - **K'ihap**
- 20) Turn Around to your left (Left foot forward  
- Fighting Stance)
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- 21) Take 2 steps into a Flying Sidekick (Right)
- 22) Jump with left leg and do a Twisted  
Roundhouse kick (Right) - **K'ihap**
- 23) Roundhouse Kick (Left)
- 24) Tornado Roundhouse Kick (Left)
- 25) Roundhouse Kick (Right)
- 26) Tornado Roundhouse Kick (Right)
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- 27) Punch with opposite hand (Left) - **K'ihap**  
Turn Around to your left (Left foot forward  
- Fighting Stance)
- 28) Reverse Sidekick (Right)
- 29) Reverse Sidekick (Left)
- 30) Punch with opposite hand (Right) - **K'ihap**
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- 31) Roundhouse Kick (Right)
- 32) Jumping Spin Kick (Left) - Leg comes all  
the way back
- 33) Roundhouse Kick (Left)
- 34) Jumping Spin Kick (Right) - Leg comes all  
the way back
- 35) Forward Roll followed by a Jump High Kick  
(Left)
- 36) Double Punch (Left then Right)- **K'ihap**
- 37) Turn Around to your right (Right foot  
forward - Fighting Stance)
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- 38) Pivot behind (pivot on your right foot) -  
plant left foot and Roundhouse Kick (Right)
- 39) Axe Kick (Left)
- 40) Pivot behind (pivot on your left foot) -  
plant right foot and Roundhouse Kick (Left)  
- **K'ihap**
- 41) Jump Sidekick (Right)
- 42) 360 Kick (Right) - **K'ihap**