

MIAMITOWN MARTIAL ARTS FIGHTING FORM (Colored Belts)

- 1) Roundhouse (Right)
- 2) Reverse Sidekick (Left)
- 3) Jump Roundhouse (Right)
- 4) Back fist (Right) - K'ihap
- 5) Skip Hook Kick (Right)
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- 6) Hook Kick (Right) into
- 7) Roundhouse Kick (Right)
- 8) Jump Reverse Sidekick (Left)
- 9) Side Kick (Right)
- 10) Overhead Punch - K'ihap
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- 11) Turn Around (Left foot forward - Fighting Stance)
- 12) Roundhouse Kick (Right) into Tornado Roundhouse Kick (Right)
- 13) Spinning Outside Crescent Kick (Left)
- 14) Low / High Roundhouse Kick (Right)
- 15) Inner Block (Left) Punch (Right) - K'ihap
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- 16) Skip Backfist (Left) / Punch (Right) - K'ihap
- 17) Jump High Kick (Left)
- 18) Turn and Sweep (Right)
- 19) Jump Roundhouse Kick (Left)
- 20) Skip Sidekick (Left)
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- 21) Turn and Flying Sidekick (Right)
- 22) Turn 90° Jump Roundhouse Kick (Right)
- 23) Land back straight - Jump Roundhouse Kick (Left)
- 24) Tornado Roundhouse Kick (Left)
- 25) Roundhouse Kick (Right)
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- 26) Tornado Roundhouse Kick (Right)
- 27) Regular Punch (Left) - K'ihap
- 28) Reverse Sidekick (Right)
- 29) Reverse Sidekick (Left)
- 30) Regular Punch (Right) - K'ihap
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- 31) Roundhouse / Jump Spinning Outside Crescent Kick (Right / Left)
- 32) Roundhouse / Jump Spinning Outside Crescent Kick (Left / Right)
- 33) Roll
- 34) Jump High Kick (Right) / Punch (Right) Punch (Left) - K'ihap
- 35) Turn, pivot on left foot, plant right and Roundhouse (Left)
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- 36) Axe Kick (Right)
- 37) Turn Backwards and Roundhouse Kick (Right)
- 38) Turn Around (Left foot forward - Fighting Stance)
- 39) Jump Sidekick (Left)
- 40) 360 Kick (Left)

MIAMITOWN MARTIAL ARTS FIGHTING FORM (Black Belts)

- 41) Turn (Right foot forward - Fighting Stance)
- 42) Jump Roundhouse Kick (Left)
- 43) Skip Hook Kick (Left)
- 44) 45° out - Left foot forward - Front Stance -
Punch (Left) Punch (Right) - K'ihap / Jump High Kick (Left)
- 45) Turn back straight - Pressure Block (Right)
- 46) Punch (Left) - K'ihap / Elbow (Left)
- 47) Inside Crescent Kick (Left) / Sidekick (Left)
- 48) Grab and Sweep (Right)
- 49) Roll
- 50) Turn - Left foot forward - Back Stance - Double Knife hand block - K'ihap