



## BLUE BELT DOUBLE KICKS

(7 Sun and Moon Kicks)

- 1) **Center Toe and Skipping Side Kick**  
~Sun Kick  
*(Groin Point Kick and Golden Ram Kick)*
- 2) **Center Toe and Skipping Backward Side Kick**  
~Moon Kick  
*(Groin Point Kick and Backward Golden Ram Kick)*
- 3) **Side Kick Forward and Turning Side Kick**  
~Glorious Moon  
*(Golden Ram Kick and Turning Ram Kick)*
- 4) **Snap Kick and Turning Side Kick**  
~Lunar Beam  
*(Striking Serpent Kick and Turning Ram Kick)*
- 5) **Side Kick Forward and Spinning Heel Kick**  
~Solar Rays  
*(Golden Ram Kick and Dragon Tail Whip)*
- 6) **Side Kick and Side Kick**  
~Glorious Sun  
*(Double Golden Ram)*
- 7) **Side Kick Forward & Inside Kick & Skipping Side Kick**  
~The Eclipse  
*(Golden Ram Kick and Fin Kick and Golden Lower Ram)*