



## BROWN BELT DOUBLE KICKS (7 Dragon and Phoenix Kicks)



- 1) Center Toe and Jumping Inside Kick  
~Straight Dragon, Diving Phoenix  
(Groin Point Kick and Jumping Yin Kick)
  
- 2) Center Toe and Jumping Outside Kick  
~Straight Dragon, Rising Phoenix  
(Groin Point Kick and Jumping Yang Kick)
  
- 3) Inside Kick and 3 Continuous Jumping Inside Kicks  
~Coiling White Dragon  
(Yin Kick and 3 continuous Yin Kicks)
  
- 4) Low Curve Kick and Jump Turning Snap  
~Reborn Phoenix  
(Serpent in the Grass and Cyclone Kick)
  
- 5) Low Curve Kick and Jump Turning Inside Axe Kick  
~Returning Phoenix  
(Serpent in the Grass and Turning Inside Axe Kick)
  
- 6) Three Follow Down Spinning Heel Kicks  
~Triple Dragon  
(High, Middle and Low Dragon's Tail Whip)
  
- 7) Low Snap, Low Spinning Heel & Jumping Spinning Heel  
~Playful Dragon and Phoenix  
(Low Striking Serpent, Sweeping Dragon's Tail Whip, and Jumping Dragon's Tail Whip)