



## Color Belt Double Ssahng Nat Basics

- Week1      Punching, Double Punch, Cutting, Slicing Outside Twirl (like Forward Roll)  
Reverse Rotations (like Backward Roll)
- Week2      Downward Outside Twirl Upward Reverse Rotation  
Figure 8 (Outside, Inside, Outside, Catch)
- Week3      Double Punch Combo Reverse Rotation Combo  
Outside Twirl Combo
- Week4      Figure 8 Combo #1 Figure 8 Combo #2 Figure 8 Combo #3
- Week5      The Reverse Twirl Reverse Combo  
Reverse + Figure 8 Combo
- Week6      Figure 8 Cross  
Figure 8 Cross Combo
- Week7      Closing & Opening the Weapon  
Figure 8 Closing & Opening the Weapon  
The Release  
The Double Release

### Double Ssahng Nat Basic Combinations

**Double Punch Combo** – Double Punch, Outside Rotation, Double Punch

**Figure 8 Combo #1** – Double Punch, Figure 8, Double Punch

**Reverse Rotation Combo** – Double Punch, Downward Outside Rotation, Upward Reverse Rotation, Double Punch

**Figure 8 Combo #2** – Double Punch, Downward Outside Rotation, Upward Reverse Rotation, Figure 8, Double Punch

**Outside Twirl Combo** – Dbl. Punch, Downward Outside Rotation, Upward Reverse Rotation, Outside Twirl, Double Punch

**Figure 8 Combo #3** – Dbl. Punch, Figure 8 Downward Rotation, Upward Reverse Rotation, Figure 8, Double Punch **The Reverse Combo** – Dbl. Punch, separate kamas (up/down), Reverse Twirl, Single Reverse Rotation, Outside Rota-

tion, Double Punch

**Reverse + Figure 8 Combo** – Dbl. Punch, separate kamas (up/down), Reverse Twirl, Single Reverse Rotation, Figure 8, Double Punch