

## Kick Techniques 1-30

1. front kick against punch
2. side kick against punch
3. roundhouse kick against punch
4. spinning back kick against punch
5. side kick against punch
6. duck left to avoid punch, roundhouse kick against punch
7. outside edge of foot push kick against punch
8. wrist grab using both hands, and roundhouse kick against punch
9. wrist grab and pull with both hands, and thrusting side kick against punch
10. wrist grab and pull right hand, and hook kick against punch
11. combination of outside/inside kicking block, and wheel kick against punch
12. combination of outside/inside kicking block and side kick against punch
13. same leg double kick combination against punch
14. left leg block with inside/outside kick, right leg double kick combination against punch
15. escape to the left, and block with right leg inside/outside kicking block, followed with a right leg roundhouse kick against punch
16. low two-hands cross block defense, reverse punch and knee strike against kick
17. spinning back hook kick against kick
18. spinning back hook kick and roundhouse kick against kick
19. grab kicking leg and take down technique against kick
20. jumping front kick against kick
21. combination kick - front kick and spinning inside to outside crescent kick against kick

22. two kicks combination: roundhouse kick and spinning back kick against kick
23. 360 degrees jump, spinning roundhouse kick against kick
24. 180 degrees jump back kick against kick
25. axe kick against kick
26. double hand block, round house kick and spinning hook kick combination against kick
27. triple combination kicks: check kick, diagonal kick and jumping roundhouse kick against kick
28. duck down and sweep kick against kick
29. double kick - left leg front kick and right leg, jumping roundhouse kick while in the air against kick
30. 180 degrees jumping crescent kick against kick