

## **Kicks (continued)**

**Back kick:** standing, sliding, spinning, jump spinning.

**Outside crescent kick:** sliding, rear-leg, jumping, spinning.

**Inside crescent kick:** sliding, rear-leg, jumping, jump spinning.

**Heel kick:** sliding, rear-leg, spinning.

**Ax kick:** rear-leg.

## **Forms**

**Discipline:** the "saying", one move at a time, set-by-set, full speed all the way through.

**Integrity:** the "saying", one move at a time, set-by-set, full speed all the way through.

**Respect (1st half):** the "saying", one move at a time, set-by-set, full speed all the way through.

## **One-step fighting drills**

**One step fighting drill #1:** move by move, set-by-set, full speed all the way through.

**One step fighting drill #2:** move by move, set-by-set, full speed all the way through.

**One step fighting drill #3:** move by move, set-by-set, full speed all the way through.

**One step fighting drill #4:** move by move, set-by-set, full speed all the way through.

**One step fighting drill #5:** move by move, set-by-set, full speed all the way through.

## **Attacking drills**

**Pre-arranged attacking drill #1:** move-by-move, full speed.

**Pre-arranged attacking drill #2:** move-by-move, full speed.

**Freestyle attacking drills:** (1) all-kick drill, (1) all-punch drill, (2) punch and kick drills.

## **Fighting techniques**

**From the fighting stance:** jab, rear-hand punch, hook, uppercut, backfist, reverse punch,