



Danny Lane's

# World Martial Arts Centers

## FORM RESPECT

"I MUST SHOW RESPECT IN ORDER TO RECEIVE RESPECT".

SET 1: Drop back to fighting stance. Left standing front kick, left slide up front kick, right stepping front kick, right slide up front kick, right jumping front kick, KIAI!

SET 2: 1/2 turn into fighting stance. Left standing round kick, left slide up round kick, right spinning round kick, right slide up round kick, right jump spinning round kick (fake, round kick), KIAI!

SET 3: 1/2 turn into fighting stance. Right spinning side kick, right slide up side kick, left spinning side kick. right spinning back kick, KIAI!

SET 4: 3/4 spin into fighting stance. Right spinning side kick, right slide up side kick, right jump spinning side kick, KIAI!

SET 5: 1/2 turn into fighting stance. Right stepping front kick, Right shuffle side kick, left spin round kick, right spinning back kick, look to your right, right stepping back kick KIAI!

SET 6: Look left 1/2 turn and adjust into a fighting stance. 4 step flying side kick, KIAI, landing in a fighting stance facing the direction you just kicked. 1/2 turn into fighting stance, return back to ready stance.

Signature of Student or  
 Parent or Guardian in Middle

212 20th Street  
 Hamilton WV  
 26122-2280

212 W. Main Street  
 Charleston WV  
 26104-1122

212 Car Mall  
 Parkersburg WV  
 26101-2717