

U.F.A.F. Standerized Jump Kicks

Phase I - (rear leg kicking)

- a. Assume fighting stance b. Jump up springing from both legs
- c. Position body and fold with rear leg d. Deliver kick

Phase II - (front leg kicking)

- a. Assume fighting stance b. Thrust rear knee up & forward (as a fake and for momentum)
- c. Jump up positioning body and fold for kick
- d. Deliver kick

Phase III - (rear leg kicking)

- a. Assume fighting stance b. Step through with rear leg (for momentum)
- c. Thrust front leg up as a fake and for height
- d. Jump up positioning body and fold e. Deliver kick

Phase IV - (front leg kicking)

- a. Assume fighting stance b. Jump up springing from both legs
- c. Position body and fold with front leg d. Deliver kick

Phase V - (rear leg kicking)

- a. Assume fighting stance b. Slide rear leg up and thrust front knee up & forward (as a fake and for momentum)
- c. Jump up positioning body and fold d. Deliver kick

Phase VI - (rear leg kicking)

- a. Assume fighting stance b. Stutter step your legs (do not switch guard or turn body)
- c. Thrust front knee up & forward
- d. Jump up positioning body and fold e. Deliver kick

POINTERS

1. Practice the jump kicks by each step to insure an understanding of the chronological order of the moves.
2. Position the body and folds as you begin the jump. (not as you reach your peak in the jump).
3. Thrust faking and kicking knees up powerfully.
4. Perform movements with authority & control.
5. Time your movements so your kicks are executed at the peak of your jump.
6. All circular kicks will be performed on a target or striking pad during testing.