

KICK EXERCISE***** Starting with the right side****** Defending on the right side*

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| 0. Bow. Left foot forward | Bow. Right foot forward
and slide step back |
| 1. Start with a right front kick | Right circle block |
| 2. Next a right crescent kick | Right crane block |
| 3. Left crescent kick | Right circle block |
| 4. Right front kick | Right circle block |
| 5. Left side thrusting kick | Right posting block, across |
| 6. Right wheel kick | Right crane block |
| 7. Left round-house kick | Right crane block |
| 8. Right round-house kick | Right circle block |
| 9. Left spinning back kick | Right circle block |
| 10. Step and right punch high | Left rising block |
| 11. Step and left punch high | Right rising block |
| 12. Step and right punch low | Left down block |
| 13. (Tighten stomach muscles) | Counter-punch right (to stomach) |

For the left side just reverse the exercise and start with a left front kick or if you are defending a left circle block. Remember if you are attacking, always drive forward with your kick and if you are defending, slide step back and keep both hands up.

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